

CONTENTS

Editorial

Letters To The Editor

Readers comment on a new invention that may help with Parkinson's disease, permaculture in sustainable emergency management, not-so-smart meters, evidence for the electronic voice phenomenon, and more.

Global News

We report on Iraqi claims of coalition weapons drops to terrorists, water fluoridation and hypothyroidism, genes modulated by Mozart's music, CDC research on a vaccines-SIDS link, SIM encryption keys stolen by the NSA and GCHQ, the Smart Grid media blackout, the US agency that funds Internet privacy tools, a retracted paper on antidepressants and suicide, and more.

'Alternative' Medicine Was Mainstream

By Dr Paul Lloyd; part 1 of 2. Physicians during and after the Renaissance period were well versed in the ancient science of the humoral body. They knew how to diagnose and correct health imbalances with the right types of foods grown and consumed according to climatic regions and the changing seasons.

'Mental Disorders' Drive Big Pharma

By Joachim Hagopian. We live in a sick society when psychiatrists keep inventing new mental disorders that require treatment with yet more toxic drugs developed by the profit-driven pharmaceutical industry. Today, almost everyone can be diagnosed with a mental illness.

Dementia Hope With Aged Garlic Formula

By Maurice Czarniak. With dementia numbers rising alarmingly worldwide and with pharmaceutical drugs offering little help, it's shameful that a novel formula containing aged garlic extract, which anecdotally improves cognitive abilities in a few weeks, is not being taken seriously by the medical community.

The Electric People Phenomenon

By Louis Proud. Many cases of high-voltage syndrome, in which sufferers seem to cause electrical devices to fail in their presence, feature paranormal aspects such as psychokinesis. Often the common factor is that these people experienced severe electric shock during childhood.

Science News

This edition, researcher Roger Anderton discusses the flawed physics and history of Einstein's relativity theories, and filmmaker David de Hilster reveals the difficulties of releasing a film expose on why Einstein was wrong.

Towards A Moon Base

By Phil Kouts. Despite its claimed achievements with the Apollo lunar program, NASA is now developing from scratch the technology and systems to enable safe travel to the Moon and back, let alone establish a Moon base. Perhaps it should join an international lunar project.

The Twilight Zone

This issue we highlight the US government's de facto acknowledgement of the UFO reality, and the testimony of a retired US Navy Flight Engineer who claims to have seen UFOs over Antarctica and the entrance to an alleged ET-human scientific research base.

Reviews-Books

"The Wonder of You" by Lynn Kathleen Russell
"There Are No Goodbyes" by Elizabeth Robinson
"Sky People...Encounters in Mesoamerica" by Ardy Sixkiller Clarke
"Preparing for Contact" by George Michael
"Confessions of a Reluctant Ghost Hunter" by Von Braschler
"Australian Poltergeist" by Tony Healy & Paul Cropper
"The Secret Chamber of Osiris" by Scott Creighton
"The Multidimensional Traveler" by Khartika Goe
"Ley Lines of the UK and USA" by David R. Cowan with Anne Silk
"The Money Mafia: A World in Crisis" by Paul T. Hellyer
"Command and Control" by Eric Schlosser
"Prostituting Science" by Diana Crumpler
"Caught in the Crossfire" by Adam Gorightly
"Ruthless Ambition...Chris Christie" by Louis Michael Manzo

Reviews-DVDs

"Frackman" with Daniel Pratzky
"Statin Nation II" by Justin Smith
"Lasseter's Bones" by Luke Walker

Reviews-Music

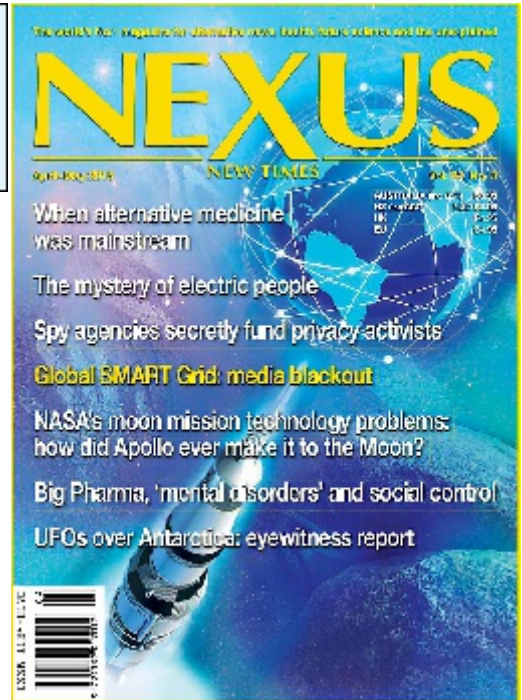
"Lifeline" by Jai Uttal and Ben Leinbach
"Stories of Love and Regret" by Ruth Roshan & Tango Noir
"Live From Your Heart" by Shanti Ramana
"Healing Birdsong" by Llewellyn

Cartoons

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Editorial

As we go to print, the world is buzzing with speculation and rumours about Russian President Vladimir Putin and the West. It is clear that the West, using its vast array of media empires, think-tanks and propaganda arms, is intent on demonising Putin's stand.

One such propaganda arm, the US Broadcasting Board of Governors, or BBG, is featured in the Global News section of this issue, although not in the context you might expect. It appears that the BBG is also a major funder of most of the Internet privacy "activist" groups—sort of like creating/controlling your own "opposition".

Also in Global News is a timely piece on how quiet the mainstream media are about the rollout of the global Smart Grid. Not even the "alternative" media have fully understood the planned role of this integrated de facto control and surveillance system. The global Smart Grid is part and parcel of a proposed new economic system—one based on energy, not tangible assets such as gold. All these carbon-credit and carbon-currency schemes are nothing but transitional models leading to energy as a "currency". Energy will be the currency of the New World Order, and the global Smart Grid will be an integral part of its infrastructure. When the global financial crisis struck in 2008, the world's biggest economies announced massive stimulus spending, specifically on infrastructure. But despite announcing the usual "roads and bridges" infrastructure spending, both eastern and western nations actually spent vast amounts of this capital on the global Smart Grid.

In this proposed New World Order, or Technocracy, nations and institutions will be run by "experts"; and thanks to the last decade of cultural preparation via TV and Hollywood, we trust experts—especially scientific experts—more than we trust politicians, bureaucrats or royal families. In a time of crisis, the masses will turn to, and be satisfied with, experts.

As we see more often these days, so many experts are so entwined with the corporations and governments that fund them that their expert opinions become compromised or biased. Such an example is in Global News this issue. It's about a Swedish psychiatry expert and colleagues whose study hit the headlines when they claimed that antidepressants reduce suicides. Trouble was, they got it wrong. If anything, the new analysis shows that antidepressants can result in more suicides, not fewer.

I recommend another article in this genre which discusses how all these new "mental disorders" are nothing more than an industry-funded racket, with industry-funded experts using their influence to dictate which members of society need medication. It won't be long before they come up with a drug for the mental disorders of doubting experts and suspecting collusion!

On a completely different topic, I'm pleased to see an ex-military eyewitness come forward, despite being told not to, and disclose his sightings of UFO activity over Antarctica during his service there, along with his observations of a huge hole in the ice that's alleged to be an entrance to a secret base. I say pleased, as I've had others give me

similar reports—but on the condition that I don't publish their accounts. Without compromising anyone, I can only add that this eyewitness account corroborates what I've been told by others who are too afraid to come forward, even anonymously.

Our NEXUS Conference is on 25-27 July on the Sunshine Coast, Queensland, and among our speakers are Erich von Daniken and former NASA astronaut Edgar Mitchell via Skype. Not to be missed! Meantime, in the words of Spock (alias Leonard Nimoy, RIP), "Live long and prosper!"

Duncan

Letters to the Editor ...

Parkinson's Disease Hope

Dear Duncan: You may be aware that there are various funds and organisations that have spent millions of dollars looking for a cure for Parkinson's disease.

The Michael J. Fox Foundation for Parkinson's Research has raised US\$450 million, and other funds around the world have raised multimillions and claim that there is no known cure.

Parkinson's disease treatments have remained surprisingly static since James Parkinson published "An Essay on the Shaking Palsy" in 1817. Treatments have focused on drugs, complementary therapy and brain surgical intervention, all of which leave little cause for optimism. The result was an industry that became surprisingly fixed in its ways, for which innovation could only come from the outside.

I have a friend with Parkinson's disease, and he shakes noticeably. I have invested time and energy pursuing an alternative, non-invasive approach to the problem.

In an attempt to understand the cause and find a solution, I thought about some similarities with a problem that I was having with an old computer. I had upgraded some programs but had not renewed the hardware; and when I went to open a new high-definition picture, the computer would try to open the file but would struggle, vibrate and then lock up. The only way to overcome this problem was to turn off the computer by turning off the power switch. On researching the problem, I found that one of the suggestions was to lower the resolution setting on the computer. This solution worked.

I realised that this may be a parallel solution for early-stage Parkinson's disease sufferers. The problem is that the eyes are simply sending too much information to the part of the brain affected by Parkinson's. The proposed solution was to lower the amount of information that the eyes could send to the brain; in other words, to "lower the resolution".

I solved the problem by applying rows of prisms or filters to the lens of ordinary goggles or glasses.

One treatment was to shine white light onto the back of the eyes. I had learned elsewhere that changing colour tints is used to correct mood swings in some people.

These methods are also used to treat people suffering from dementia and migraines.

Although I've applied for various provisional patents, my main aim is to test the idea of the lens and provide a non-intrusive alternative to surgery and drugs.

This invention in its simplest form consists of a pair of goggles or glasses fitted with lenses that have rows of prisms attached to or are part of the lens, which will return the light in the direction from which it came. Because the light exits and enters the glass only at normal incidence, the prism is not dispersive. There are gaps in between these rows of prisms that let the light through to the eye.

The prisms would be micro-sized and cause the eye to adjust and not see those individual rows of prisms. This would effectively reduce the amount of information that the eye can receive and pass on to the brain.

I am a long-time inventor with more than 50 patents on various inventions. I was awarded a Gold Medal at INPEX 2004 (Invention and New Product Expo), Pennsylvania, USA, and a Gold Medal for another invention at the International Exhibition of Inventions, New Techniques and Products 2004, Switzerland.

I am seeking to raise funds to produce the sample lenses, which I expect will take four to six months to produce. This includes laser etching, testing various reflective coatings, and of course testing and evaluation with people who suffer from Parkinson's disease.

John Patrick Ettridge, South Australia
email jpettridge@picknowl.com.au

[Thanks, John. Readers should also note that John is the inventor of the Gemini Electric Motor (see NEXUS 11/06). John, may I suggest that you consider one of the crowdfunding platforms, such as Indiegogo, as a way of raising money. Ed.]

Permaculture Rescue

Hey Duncan: I had a conversation with you going back about six years regarding promoting permaculture as sustainable emergency management.

I now promote the subject as sustainable catastrophe management, as it appears that conditions will indeed be chaotic before people are ready to listen.

I am having difficulty getting my book *Avoidable Catastrophe* published, and am asking you for advice as to how to get this valuable information out there.

I cannot keep a website up for more than two days before it is hacked. However, I do have a Facebook page and YouTube presence at PermaRescue.

Duncan, I do thank you in advance for reviewing this material and pointing me in a direction so I can move forward for the highest good of all.

Yours faithfully,

Paul Nimbahly, NSW, Australia

[Hi Paul. I quite like your ebook, actually, so you should pursue e-book and print-on-demand self-publishing avenues for sure. Also, put it up on your Facebook page. Better still, see if you can get Bill Mollison to endorse it! Ed.]

Not-So-Smart Meters

Dear Editor: I read the following in the journal *What Doctors Don't Tell You*: "Not-So-Smart Meters" by Guy Hudson.

By instructing British Gas to install a new boiler, a family had inadvertently sanctioned (in the small print) the installation of three pulsed-microwave transmitters, running 24/7 in their home, to connect their boiler to centralised monitoring devices at British Gas.

This was particularly galling, as they'd previously taken a precautionary approach towards electrosmog in their home by using wired rather than wireless Internet.

Stop Smart Meters! (UK) opposes smart meters for six main reasons:

1. Widely reported serious health problems;
2. In the USA and Canada, smart meters have caused numerous fires;
3. They cause privacy issues;
4. Security problems;
5. They increase utility bills;
6. They are not smart or green.

When smart meters are not connected properly, they can overheat and start fires. The group obtained alarming photos of US homes burning down.

Many residents are developing electro-sensitivity symptoms as soon as their meters are installed. These symptoms include severe headaches, heart palpitations, brain fog, aches and pains. Long-term diseases including cancer have been associated with the unremitting, pulsing, radiofrequency (RF) microwaves emitted from smart meters.

Each smart meter has two transmitters which constantly radiate microwaves; one is for inside the home, while the other links to the wider network and to the utility company.

Even if you refuse a smart meter (which you can), you can still be affected by your neighbours' meters as microwaves can travel through walls.

Biological effects and health problems from nonionising radiation are well documented, and vast amounts of supporting scientific evidence make these problems hard to deny.

The US military has known for over 40 years, based on some 2,000 reports, that pulsed microwaves cause biological changes and health problems.

Over 6,000 scientific publications show the negative health effects of RF radiation.

Microscopy images have been taken of normal cells and radiation-damaged cells by scientists with the European Union's REFLEX Project, a four-year study by 12 research groups in seven European countries led by Franz Adlkofer of the Verum Foundation in Munich, Germany.

RF microwaves cause reduced sperm motility and affect the heart and autonomic nervous system.

Monitoring your home can show when each device—shower, cooker, lights, computer—is being used. Criminals who hack into these smart devices will know if you're at home and what you're doing.

It's a vast money-making opportunity for utility companies which can sell the data for marketing purposes.

Once smart meters are fitted, it's very difficult to change them back. For more information, visit stopsmartmeters.org.uk.

Best wishes,
A. Wills

Electronic Voices Evidence

Hi Duncan: Your wait for "any clear, discernible evidence of cohesive communication" using EVP [electronic voice phenomenon] technology is over! [See Letters, 22/02.] You will be delighted to read John G. Fuller's book *The Ghost of 29 Megacycles*, which I found very convincing.

Best regards,

David G., NSW, Australia

[Thanks, David! Ed.]

SMART Technology Issues

Dear Duncan: In recent years, we as a society have seen a growth in technological advancements, and many of them pertain to what's called "SMART" technologies such as cellphones, televisions, wearables, appliances, etc. "SMART" stands for "Self-Monitoring, Analysis and Reporting".

A great deal of society uses smart technology for convenience, but there are many downsides to it as well. Let's start with the privacy issue, which this kind of technology totally violates through using data provided to obtain relevant information. If the information isn't provided, it can be collected in a determined way from various technologies, such as wearables that monitor health, via complex algorithms that then arrive at an answer. This was unheard of until recent years.

This kind of invasion of privacy in our lives brings me to my next point, which is that machines/devices are becoming more and more advanced to the point where jobs are being abolished because of such technology.

In addition to job losses, smart technology could potentially be a direct threat to humanity as a whole through pure destruction, if not watched. Policies must be put into place so this doesn't occur.

Smart technology devices/machines do have many pros, but the current and future downsides could outweigh positives by such advancement.

Bill M., USA

NEXUS Health Articles DVD

Dear Duncan: As a very occasional reader of your magazine, I'd be interested in buying a DVD just containing all of the health articles in your archive (at a cost reduced from that charged for the full database). I don't know how popular it would be; just thought I'd suggest it!

All the best,

Jim, London, UK

[Great idea, Jim: I might even do up ones for other collections of articles, too. Ed.]



ARCHDIOCESE OF COLOGNE REVEALS €3.35 BILLION FORTUNE

The Roman Catholic Archdiocese of Cologne has published financial accounts, showing for the first time the full extent of its worldly wealth.

The archdiocese has long been considered Germany's richest, but exact figures weren't known because it never published its accounts.

Documents posted on its website on Wednesday [18 February] show that Cologne had assets of €3.35 billion (£2.5 billion) at the end of 2013. Around €2.4 billion was invested in stocks, funds and company holdings. A further €646 million was held in tangible assets, mostly property. Cash reserves and outstanding loans amounted to about €287 million.

In 2013, the archdiocese received €573 million from church taxes paid by the two million Catholics living in the region around Cologne. After adding other income and subtracting expenses such as salaries, it generated a surplus of €59 million.

Hermann J. Schon, the archdiocese's finance chief, described the publication as "a big step toward financial transparency".

It follows criticism of Germany's Catholic Church in the wake of a recent scandal over the former Bishop of Limburg's lavish spending.

Pope Francis has stressed the need for the church to show humility and emphasise its work for the poor.

The Cologne archdiocese published its accounts on Ash Wednesday, which marks the start of Lent.

(Source: TheGuardian.com, 19 February 2015, <http://tinyurl.com/mcsawyd>)

IRAQI ARMY DOWNS UK PLANES CARRYING WEAPONS FOR ISIL

Iraq's army has shot down two British aircraft as they were carrying weapons for ISIL [ISIS] terrorists in Al Anbar province.

"The Iraqi Parliament's National Security and Defense Committee has access to the photos of both planes which are British and have crashed while they were carrying weapons for the ISIL," committee head Hakem al-Zameli said

recently. He said that the Iraqi Parliament has asked London for explanations.

The senior Iraqi legislator further unveiled that the government in Baghdad is receiving daily reports from people and security forces about numerous flights by the US-led coalition planes that airdrop weapons and supplies for ISIL in terrorist-held areas.

The Iraqi lawmaker further noted the cause of such western aid to the terrorist group, explaining that the US prefers a chaotic situation and does not want the ISIL crisis to come to an end.

Earlier today [23 February], a senior Iraqi provincial official lashed out at the western countries and their regional allies for supporting takfiri terrorists in Iraq, revealing that US- and Israeli-made weapons have been discovered in the areas purged of ISIL terrorists. He noted that the members of his committee have already proved that the US aircraft have dropped advanced weaponry, including anti-aircraft weapons, for ISIL, and that it has set up an investigation committee to probe into the matter.

Al-Zameli underlined that the coalition is the main cause of ISIL's survival in Iraq.

(Source: FARS News Agency, 23 February 2015, <http://tinyurl.com/nxha2oa>.)

WATER FLUORIDATION LINKED TO HIGHER RATES OF UNDERACTIVE THYROID

Water fluoridation above a certain level is linked to 30 per cent higher than expected rates of underactive thyroid (hypothyroidism) in England, suggests research published online in the *Journal of Epidemiology & Community Health*.

The findings prompted the researchers to call for a rethink of public health policy to fluoridate the water supply in a bid to protect the nation's tooth health.

In England, around 10 per cent of the population (six million) live in areas with a naturally or artificially fluoridated water supply of 1 mg fluoride per litre of drinking water.

The researchers looked at the national prevalence of underactive thyroid diagnosed by family doctors in England in 2012-13 and recorded in their national quality and incentive scheme returns.

The researchers also carried out a secondary analysis, comparing two built-up areas, one of which (West Midlands) was supplied with fluoridated drinking water and the other of which (Greater Manchester) was not.

After taking account of influential factors, such as female sex and older age, both of which are linked to increased risk of hypothyroidism, they found an association between rates of the condition and levels of fluoride in the drinking water.

In areas with fluoride levels above 0.7 mg/L, they found higher than expected rates of hypothyroidism than in areas with levels below this dilution.

This is an observational study, so no definitive conclusions can be drawn; but the researchers point out that their findings echo those of previous research and that while they were only able to look at diagnosed hypothyroidism, there might also be other cases of impaired thyroid function that have not yet been diagnosed—and treated.

"Consideration needs to be given to reducing fluoride exposure, and public dental health interventions should stop [those] reliant on ingested fluoride and switch to topical fluoride-based and nonfluoride-based interventions," they conclude.

(Source: This article is based on materials provided by the British Medical Journal, 24 February 2015, <http://tinyurl.com/nzskt8o>.)

AMERICANS BECOMING SMARTER ABOUT ALTERNATIVE MEDICINE

A new survey reveals that about a third of Americans use some kind of complementary or alternative medicine, but they're swapping treatments that haven't been shown to work for approaches with some scientific backing.

Overall, the proportion of people using alternative approaches didn't change much between 2007 and 2012, the National Center for Health Statistics (NCHS) and the National Center for Complementary and Integrative Health (NCCIH) found in a joint report. It's about 33 per cent, down from 35 per cent in 2007.

While the percentage of people using yoga is low, it adds up. About 21 million adults practise yoga, the data

indicate: that's nearly double the number in 2002. And 1.7 million children practise yoga, the survey found.

"People turn to complementary and alternative medicine for pain," Dr Josephine Briggs, who heads the NCCIH, told a news conference. "They are not used as alternatives to standard, proven therapies but as a complement to standard care."

The NCHS used data from an indepth survey to project just how many Americans use alternative medicines and how they use them.

It found that nearly 20 million adults and 1.9 million children had used chiropractic or osteopathic manipulation, and that nearly 18 million adults and 927,000 children practise meditation.

Supplements remain popular, but people have changed what they use. The survey found that 7.8 per cent of Americans take fish oil, which is a source of omega-3 fatty acids that may reduce the risk of heart disease. Just 2.6 per cent take glucosamine, a supplement that has a dicey record in helping joint pain and arthritis. (Source: *Today.com/health*, 10 February 2015, <http://tinyurl.com/pp2xg99>.)

LISTENING TO CLASSICAL MUSIC MODULATES GENES RESPONSIBLE FOR BRAIN FUNCTIONS

Listening to music represents a complex cognitive function of the human brain, which is known to induce several neuronal and physiological changes. However, the molecular background underlying the effects of listening to music is largely unknown.

A study group from the University of Helsinki, Finland, has investigated how listening to classical music affected the gene expression profiles of both musically experienced and inexperienced participants. All the participants listened to W. A. Mozart's *Violin Concerto No. 3 in G Major*, K. 216, which lasts 20 minutes.

Listening to music enhanced the activity of genes involved in dopamine secretion and transport, synaptic function, learning and memory. One of the most up-regulated genes—synuclein, alpha (SNCA)—is a known risk gene for Parkinson's disease and is located in the strongest linkage region of musical aptitude. SNCA is also known to contribute to song-learning in songbirds.

In contrast, listening to music down-regulated genes that are associated with neurodegeneration, referring to a neuroprotective role of music.

"The effect was only detectable in musically experienced participants, suggesting the importance of familiarity and experience in mediating music-induced effects," says Dr Irma Jarvela, leader of the study.

The findings give new information about the molecular genetic background of music perception and evolution, and may give further insights about the molecular mechanisms underlying music therapy.

(Source: *ScienceDaily.com*, 13 March 2015, <http://tinyurl.com/lzyjelo>.)

OBAMA AIDE REGRETS NOT SECURING UFO FILES DISCLOSURE

Outgoing senior US presidential adviser John Podesta has revealed that the main regret of the past year of his service at the White House was keeping Americans away from learning the truth about UFOs.

Law professor Podesta, 66, published on his Twitter microblog on Friday 13 February—his last day as Obama's counsellor with a special interest in climate and energy matters—a list of his "favorite memories" of the year [see below], concluding with his biggest regret that once again proves his fascination with aliens and the TV show *The X-Files*, of which he is known to be a huge fan.

Podesta has been a long-time proponent of the disclosure of government UFO investigations to the public. Back in 2002, at a press conference organised by the Coalition for Freedom of Information, he said: "It's time to find out what the truth really is that's out there. We ought to do it, really, because it's right. We ought to do it, quite frankly, because the American people can handle the truth. And we ought to do it because it's the law."

In 2007, a *Washington Post* journalist asked Podesta about reports on Freedom of Information Act requests to obtain email correspondence to and from the former chief of staff on such terms as "X-Files" and "Area 51"—terms popular with UFO conspiracy theorists.



John Podesta
@Podesta44



1. Finally, my biggest failure of 2014: Once again not securing the #disclosure of the UFO files.

#thetruthisstilloutthere cc: @NYTimesDowd

6:55 PM - 13 Feb 2015

1,939 RETWEETS 1,134 FAVORITES



Podesta's response through a spokesperson was "The truth is out there"—the tagline for the American science fiction TV show *The X-Files*.

Podesta is also the author of the foreword to Leslie Kean's 2010 book *UFOs: Generals, Pilots, and Government Officials Go on the Record*.

In it, he wrote: "As someone interested in the question of UFOs, I think I have always understood the difference between fact and fiction. I guess you could call me a curious skeptic. But I'm skeptical about many things, including the notion that government always knows best."

Now, leaving the White House, where he also previously served as President Bill Clinton's chief of staff, Podesta is reportedly set to join Hillary Clinton's presidential campaign as a senior adviser in the run-up to the end of Barack Obama's second term in 2016.

(Source: *RT.com*, 15 February 2015, <http://on.rt.com/suc2aa>; also see *WashingtonPost.com*, 13 February 2015, <http://tinyurl.com/lr2g7ev>.)

SCIENTIFIC EVIDENCE FOR THE EFFECTS OF NON-CONTACT HEALING

The Confederation of Healing Organisations (CHO), sponsors of the largest meta-analysis ever undertaken into the scientific evidence for the effects of noncontact healing, today announced the positive results from this research at an event co-hosted by David Tredinnick, MP, and the AllParty Parliamentary Group for Integrated Healthcare.

These were presented by lead researcher Professor Chris A. Roe (University of Northampton) and showed "a statistically significant cumulative effect of healing intention on a range of human and non-human living systems, tested under conditions that control for expectation and placebo effects, indicating that healing intention can have tangible beneficial effects".

The presentation was followed by a detailed "question and answer" session before a wider discussion took place about the implications of the research and what this means for healing as a complementary therapy alongside and within the UK National Health Service (NHS).

While surveys have shown that many members of the general public believe in the power of healing, medical science has tended to be sceptical, citing a lack of robust evidence as its underlying rationale.

As the leading charity advancing awareness of and the practice of healing, the CHO funded Professor Roe and his team to carry out an updated review of published trials of healing and to examine critically whether this literature showed evidence of an effect of healing intention.

In order to reduce potential biases from placebo and expectation effects, this meta-analysis examined trials carried out on cell and tissue cultures, on small animals and plants as well as on humans.

In total, the meta-analysis covered 57 trials of healing intention on humans, and 49 trials in other living systems. Combining all the evidence provided the team with a fairly small but highly statistically significant effect size of 0.193.

Professor Chris A. Roe comments on the research:

"We found a wide variation in the effects reported, and also in the quality of the different trials, with some positive results possibly being attributable to poor designs that did not effectively rule out normal explanations. However, even when such trials were excluded, a significant benefit was found for groups allocated to healing intention groups, in comparison with those not treated. Positive effects from studies using biological matter such as cell cultures, animals or plants are particularly difficult to account for in terms of expectation and placebo effects. We conclude that the collected findings are sufficiently promising to warrant further, more systematic research, and we have provided guidelines for the design of higher quality replications."

Professor Paul Dieppe (University of Exeter and Trustee of the CHO) comments on the findings:

"This is a rigorous, high quality scientific report, and it clearly shows that healing intention can have beneficial effects on living systems, both human and non-human. Now we need to explore questions such as who does it work for and in what circumstances, as well as the how and why questions."

The audience, which comprised representatives of the media as well as those within the healing community and/or with an interest in healing as a complementary therapy, was then able to engage the researchers in a "Q&A" session about the research and the results.

There then followed a very positive discussion led by David Tredinnick about the implications of the results and what this means for healing as a complementary therapy within and alongside the NHS.

The CHO is the leading UK charity advancing the practice of healing, promoting its benefits as a recognised complementary therapy by providing education, research and information to a wider audience of healing and healthcare practitioners and society as a whole.

(Source: *The Confederation of Healing Organisations, London, UK, press release, 23 February 2015, <http://www.the-cho.org.uk/>*)

THE CDC'S OWN RESEARCH FINDS VACCINE-SIDS LINK IS REAL

If you believe the official pronouncements of top governmental health agencies like the CDC and FDA, all the vaccines in the present-day schedule are *a priori* safe and effective. Not only are you told that they can't harm you, but that *not* taking them can kill you.

Parents are under even more pressure. They are told that refraining from vaccinating their infants or children will greatly increase their risk of dying or being disabled. Worse, they are increasingly being labelled as "crazy" and "irresponsible" antivaccine zealots who are putting the lives of others in danger.

But what happens when the actual evidence from the scientific and clinical literature produced by these very agencies contradicts their own vaccine policies? This is exactly what has happened with the publication of a new study in the *Journal of Pediatrics* titled "Adverse Events following *Haemophilus influenzae* Type b Vaccines in the Vaccine Adverse Event Reporting System, 1990-2013", wherein CDC and FDA researchers identify 749 deaths linked to the administration of the Hib vaccine, 51 per cent of which were sudden infant death-linked to the administration of Hib vaccine.

The Centers for Disease Control has boldly denied that there is any evidence supporting a causal link between vaccines and infant death, despite the fact that its own web page on the topic acknowledges: "From 2 to 4 months old, babies begin their primary course of vaccinations. This is also the peak age for sudden infant death syndrome (SIDS)."

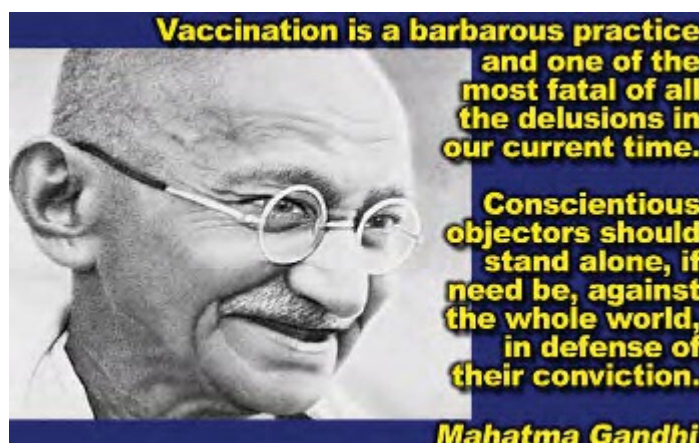
Neglect and suppression of available data have recently been exposed with the confession of a top CDC vaccine scientist who was compelled to cover up data revealing an autism-MMR (measles, mumps, rubella) vaccine link in African-American boys.

The Hib vaccine is described on the CDC's website as "very safe" and "effective" at preventing Hib disease, which it states can be deadly. It lists "most common side effects as usually mild and last 2 or 3 days", including "redness, swelling, and warmth where the child got the shot" and "fever". Nowhere is there listed death or disability as a possible side effect.

In stark contrast to these statements, the study uncovered the following highly concerning results:

"VAERS received 29,747 reports after Hib vaccines; 5179 (17%) were serious, including 896 reports of deaths. Median age was 6 months (range 0-10.22 months). Sudden infant death syndrome was the stated cause of death in 384 (51%) of 749 death reports with autopsy/ death certificate records. The most common nondeath serious AE categories were neurologic (80; 37%), other noninfectious (46; 22%) (comprising mainly constitutional signs and symptoms), and gastrointestinal (39; 18%) conditions."

Consider also that VAERS is a passive surveillance system that suffers from profound underreporting, which means that VAERS receives reports for only a small fraction of actual adverse events.



According to Barbara Loe Fisher, founder of the National Vaccination Information Center, underreporting may result in overlooking 99 per cent or higher of all vaccine-associated injuries:

"Former FDA Commissioner David Kessler estimated in a 1993 article in the *Journal of the American Medical Association* that fewer than 1 percent of all doctors report injuries and deaths following the administration of prescription drugs. This estimate may be even lower for vaccines. In one survey that our organization conducted in New York in 1994, only 1 doctor in 40 reported to VAERS."

Considering the influence of underreporting, these deaths represent only the tip of the iceberg of vaccine-induced infant morbidity and mortality caused by Hib vaccines. The study also mentioned an earlier analysis which found that infant death is the most common cause of death reported by all vaccine-linked reports on VAERS, "accounting for almost one-half of all deaths reported".

What is perhaps most astounding is the researchers' conclusion:

"Review of VAERS reports did not identify any new or unexpected safety concerns for Hib vaccines."

(Source: *GreenMedInfo.com*, 23 January 2015, <http://tinyurl.com/ls4gf4e>)

NSA AND GCHQ COLLUDED TO STEAL SIM ENCRYPTION KEYS FOR MILLIONS OF PHONES

Edward Snowden's data trove continues bearing fruit—and the implications of the latest release are dark for anyone who cares even slightly about mobile privacy.

According to the once-secret documents, the NSA [National Security Agency] and its British counterpart, the GCHQ [Government Communications Headquarters], engaged in a massive operation against one of the world's largest mobile SIM card manufacturers, Gemalto.

To understand the significance of this release, it helps to know a bit about how SIMs are used. When you use 3G or 4G connections, the connection between your device and your cellphone carrier is encrypted. That encryption isn't perfect, but cracking it is still time-consuming, particularly if the goal is to monitor millions of people simultaneously.

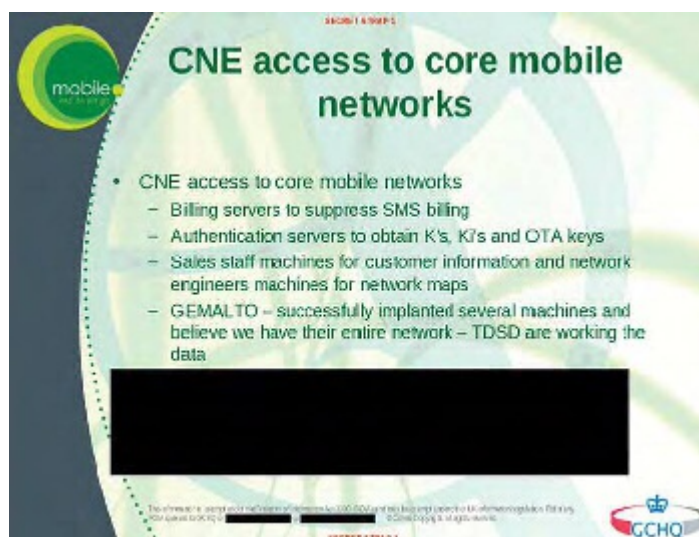
Each SIM card has its own unique encryption sequence, known as a "Ki". Carriers are provided with a copy of each Ki on their networks, which enables them to track and authenticate each device. Cracking the communication between your phone and the network is difficult. If you already have the Ki, however, it's simple. As *The Intercept* notes, the SIM card manufacturing and distribution pipeline was never designed to withstand government surveillance attacks.

The scale of the attack against Gemalto has to be read to be believed. The US and British intelligence agencies went after individual employees directly, monitored Facebook accounts and carefully selected targets for hacking—not because they'd allegedly done anything wrong, but because they were likely to possess information that would facilitate blatantly illegal activity. At the same time, the GCHQ successfully infiltrated Gemalto's corporate network, stealing additional information and Ki data.

The result? Millions of SIM card keys intended for various countries across the world were leaked to the NSA and

GCHQ. Dozens, perhaps hundreds, of individuals had their email and social media accounts cracked for the purpose of facilitating further espionage.

The intelligence agencies themselves are firmly insisting that these activities are moral, legal and valid, but its unlikely that targeted countries will agree. Again, the companies and individuals targeted in this manner were not accused, charged or even suspected of having committed a crime. The sole reason given for such egregious violations is "Well, you had information that we wanted".



GCHQ slide (Source: The Intercept, <http://tinyurl.com/nrrl596>)

There have always been legal distinctions made between state-sanctioned and unlawful behaviour, but the gap between draconian punishments for relatively minor hacking crimes and the dizzying display of government behaviour is widening rapidly.

As Sophie in 't Veld, a Dutch Member of the European Parliament, observed: "If you are not a government and you are a student doing this, you will end up in jail for 30 years."

Gemaltos security keys and products are used in hundreds of millions of devices, from passports to cellphones. It has huge customers in every First World nation—and according to company executives, Gemalto was utterly unaware that it had been so thoroughly penetrated by foreign intelligence services. The company is investigating, but securing any international supply chain or network will take time given the scope and nature of the alleged theft.

This isn't the first GCHQ-NSA collaboration. The two agencies worked together to gather webcam data on Yahoo! users, and the NSA tapped data cables between the USA and the UK in order to tap Google's internal, encryption-free links.

(Source: *ExtremeTech.com*, 20 February 2015, <http://tinyurl.com/pldd5va>.)

MEDIA BLACKOUT ON SMART GRID DEPLOYMENT

By Professor James F. Tracy

Over the past several years, a conspiracy of silence has surrounded the implementation of the Smart Grid across the United States [and the rest of the globe], perhaps with good reason. If the public were aware of what lay behind this agenda, there would likely be considerable outcry and resistance.

"Smart meters"—the principal nodes of the Smart Grid network—are being installed on homes and businesses by power utilities under the legal and fiscal direction of the US government. In December 2007, President G. W. Bush signed into law the Energy Independence and Security Act (EISA). This 310-page piece of legislation employs the dubious science of anthropogenic CO₂-based climate change science to mandate an array of policies, such as fuel efficiency standards for vehicles and "green" energy initiatives. Tucked away in the final pages of this law is the description and de facto mandate for national implementation of the Smart Grid that the Bush administration

promised would result in "some of the largest CO2 emission cuts in our nation's history".

The bill unambiguously lays out the design and intent behind the Smart Grid, including surveillance, tiered energy pricing and energy rationing for all US households and businesses through round-the-clock monitoring of RFID-chipped "Energy Star" appliances. Congress and "other stakeholders" describe the Smart Grid's characteristics and goals via 10 provisions:

- "(1) Increased use of digital information and controls technology to improve reliability, security, and efficiency of the electric grid.
- (2) Dynamic optimization of grid operations and resources, with full cyber-security.
- (3) Deployment and integration of distributed resources and generation, including renewable resources.
- (4) Development and incorporation of demand response, demand-side resources, and energy efficiency resources.
- (5) Deployment of smart' technologies (real-time, automated, interactive technologies that optimize the physical operation of appliances and consumer devices) for metering, communications concerning grid operations and status, and distribution automation.
- (6) Integration of smart' appliances and consumer devices.
- (7) Deployment and integration of advanced electricity storage and peak-shaving technologies, including plug-in electric and hybrid electric vehicles, and thermal-storage air conditioning.
- (8) Provision to consumers of timely information and control operations.
- (9) Development of standards for communication and interoperability of appliances and equipment connected to the electric grid, including the infrastructure serving the grid.
- (10) Identification and lowering of unreasonable or unnecessary barriers to adoption of smart grid technologies, practices, and services."

The public remains largely unaware of the numerous designs and monied interests behind the Smart Grid—not to mention how smart meters themselves pose substantial dangers to human health and privacy. This is because the plan for tiered energy pricing via wireless monitoring of household appliances has been almost entirely excluded from news media coverage since the EISA became law in late 2007.

In an era where news media wax rhapsodic over new technologies and fall over each other to report consumer-oriented "news you can use", the Smart Grid's pending debut should be a major story. It's not.

When one more closely examines the implications and realities of the Smart Grid scheme—from the adverse health effects of electromagnetic radiation to surveillance and energy rationing—there should be little wonder why this degree of silence surrounds its implementation. Such a technocratic system would never be freely accepted if subject to an open exchange and a referendum.

(Source: *Global Research.ca*, 20 February 2015, <http://tinyurl.com/pkb6arj>.)

INTERNET PRIVACY, FUNDED BY SPOOKS

By Yasha Levine

For the past few months I've been covering US government funding of popular Internet privacy tools like Tor, Cryptocat and Open Whisper Systems. During my reporting, one agency in particular keeps popping up—an agency with one of those really bland names that masks its wild, bizarre history: the US Broadcasting Board of Governors, or BBG.

The BBG was formed in 1999 and runs on a US\$721 million annual budget. It reports directly to Secretary of State John Kerry and operates like a holding company for a host of Cold War-era CIA spin-offs and old-school "psychological warfare" projects: Radio Free Europe, Radio Free Asia, Radio Marti, Voice of America, Radio Liberation from Bolshevism (since renamed Radio Liberty) and a dozen other government-funded radio stations and media outlets pumping out pro-American propaganda across the globe.

Today, the Congress-funded federal agency is also one of the biggest backers of grassroots and open-source Internet privacy technology.

These investments started in 2012 when the BBG launched the Open Technology Fund (OTF), an initiative housed

within and run by Radio Free Asia (RFA), a premier BBG property that broadcasts into countries like North Korea, Vietnam, Laos, China and Myanmar. The BBG endowed RFA's Open Technology Fund with a multimillion-dollar budget and a single task: "to fulfill the US Congressional global mandate for Internet freedom".

It's already a mouthful of proverbial Washington alphabet soup—Congress funds BBG to fund RFA to fund OTF—but, regardless of which subgroup ultimately writes the cheque, the important thing to understand is that all this federal government money flows directly or indirectly from the Broadcasting Board of Governors.

Between 2012 and 2014, Radio Free Asia's Open Technology Fund poured more than \$10 million into Internet privacy projects big and small: open-source encrypted communication applications, next-generation secure email initiatives, anticensorship mesh networking platforms, encryption security audits, secure cloud-hosting, a network of "high-capacity" Tor exit nodes and even an anonymous Tor-based tool for leakers and whistleblowers that competed with WikiLeaks.

Though many of the apps and tech backed by Radio Free Asia's OTF are unknown to the general public, they are highly respected and extremely popular among the antsurveillance Internet activist crowd. OTF-funded apps have been recommended by Edward Snowden, covered favourably by ProPublica and the *New York Times'* technology reporters, and repeatedly promoted by the Electronic Frontier Foundation (EFF). Everyone seems to agree that OTF-funded privacy apps offer some of the best protection from government surveillance that you can get. In fact, just about all the featured open-source apps on EFF's recent Secure Messaging Scorecard were funded by OTF.

Here's a small sample of what the Broadcasting Board of Governors funded (through Radio Free Asia and then through the Open Technology Fund) between 2012 and 2014:

- Open Whisper Systems, maker of free encrypted text and voice mobile apps like TextSecure and Signal/RedPhone, received a generous \$ 1.35-million infusion. (Facebook recently started using Open Whisper Systems to secure its WhatsApp messages.)
- Cryptocat, an encrypted chat app promoted by EFF, was given \$184,000.
- LEAP, an email encryption startup, got just over \$1 million. LEAP is used to run secure VPN services at RiseUp.net, the radical anarchist communication collective.
- A WikiLeaks alternative called GlobaLeaks (endorsed by the folks at Tor) received just under \$350,000.
- The Guardian Project—which makes an encrypted chat app called ChatSecure as well a mobile version of Tor called Orbot—got \$388,500.
- The Tor project received over \$1 million from OTF to pay for security audits, traffic analysis tools and set-up-fast Tor exit nodes in the Middle East and South East Asia.



Source: University of California Riverside, 2013, <http://magazine.ucr.edu/85>

In 2014, Congress massively upped the BBG's "Internet freedom" budget to \$25 million, with half of that money flowing through RFA and into the Open Technology Fund. This \$12.75 million represented a threefold increase in

the OTF's budget from 2013—a considerable expansion for an outfit that was just a few years old. Clearly, it's doing something that the government likes—a lot.

Radio Free Asia's OTF operates its own "secure cloud" infrastructure, which grantees can use to deploy their antiturveillance apps safely— with server nodes in Turkey, Cambodia, Hong Kong, South Korea, Amsterdam and Washington, DC. Equally important is the cultural affinity: Radio Free Asia and OTF seemed to really get the hackers and the open-source cryptocommunity.

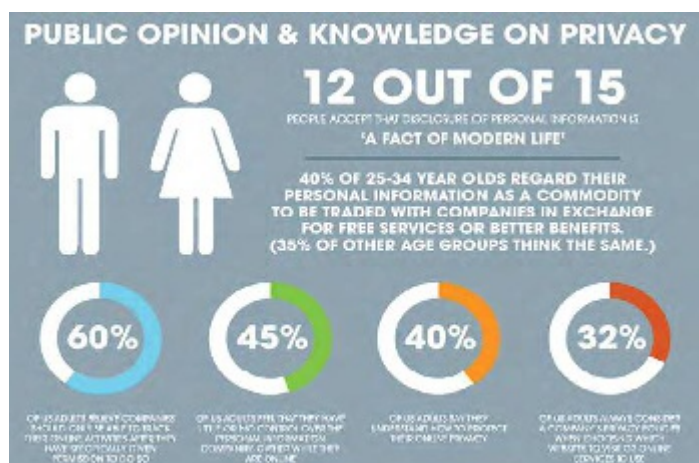
Readers might find it odd that a US government agency established as a way to launder the image of various shady propaganda outfits is now keen to fund technologies designed to protect us from the US government. Moreover, it might seem curious that its money would be so warmly welcomed by some of the Internet's fiercest antigovernment activists. But, as folks in the open-source privacy community will tell you, funding for open-source encryption/ antiturveillance technology has been hard to come by. So they've welcomed money from Radio Free Asia's Open Technology Fund with open pockets.

But why is a federally funded CIA spin-off with decades of experience in "psychological warfare" suddenly blowing tens of millions in government funds on privacy tools meant to protect people from being surveilled by another arm of the very same government?

The Broadcasting Board of Governors traces its beginnings to the early Cold War years as a covert propaganda project of the newly created Central Intelligence Agency (CIA) to wage "psychological warfare" against communist regimes and others deemed a threat to US interests.

Today, the Broadcasting Board of Governors runs a propaganda network that blankets the globe: Radio Marti (aimed at Cuba), Radio Farda (aimed at Iran), Radio Sawa (which broadcasts in Iraq, Lebanon, Libya, Morocco and Sudan), Radio Azadi (targeting Afghanistan), Radio Free Europe/Radio Liberty (which has tailored broadcasts in over a dozen languages into Russia, Ukraine, Serbia, Azerbaijan, Ukraine, Belarus, Georgia and Armenia), and Radio Free Asia (which targets China, North Korea, Laos and Vietnam).

The BBG is also involved in the technology of post-Cold War, Internet-era propaganda. It has bankrolled satellite Internet access in Iran and continues to fund an SMS-based social network in Cuba called Piramideo—which is different from the failed covert Twitter clone funded by USAID that tried to spark a "Cuban Spring" revolution. It has contracted with an anonymity Internet proxy called SafeWeb, which had been funded by the CIA's venture capital firm In-Q-Tel. It worked with tech outfits run by practitioners of the controversial Chinese right-wing cult Falun Gong, whose leader believes that humans are being corrupted by invading aliens from other planets/ dimensions. These companies— Dynaweb and UltraReach—provide anticensorship tools to Chinese Internet users. As of 2012, the BBG continued to fund them to the tune of \$1.5 million a year.



Source: University of California Riverside, 2013, <http://magazine.ucr.edu/85>

BBG is also one of the Tor project's biggest funders, paying out about \$3.5 million from 2008 through 2013.

It's convenient and nice to believe that one hand of the US National Security State doesn't know what the other hand is doing—especially when the livelihoods of you and your colleagues depend on it.

But as the long and dark covert intelligence history of the Broadcasting Board of Governors and Radio Free Asia so clearly shows, this thinking is naive and wrong. It also shows just how effectively the US National Security State brought its opposition into the fold.

(Source: Pando.com, 1 March 2015, <http://tinyurl.com/pfmqsjf>.)

THATCHER'S GOVERNMENT COVERED UP HIGH-LEVEL PAEDOPHILE RING

Now that most of the major figures are dead, the truth is emerging about the systematic sexual abuse of children by members of the British government.

It all started when a newspaper editor was handed startling evidence that Britain's top law-enforcement official knew that there was a VIP paedophile network in Westminster, at the heart of the British government. What happened next in the summer of 1984 helps to explain how shocking allegations of rape and murder against some of the country's most powerful men went unchecked for decades.

Less than 24 hours after starting to enquire about the dossier presented to him by a senior Labour Party politician, the editor was confronted in his office by a furious Member of Parliament who threatened him and demanded the documents. The editor refused to hand over the papers, which appeared to show that Leon Brittan, Margaret Thatcher's Home Secretary, was fully aware of a paedophile network that included top politicians.

The following morning, police officers from the counterterrorism and intelligence unit known as Special Branch burst into the newspaper office, seized the material and threatened to have him arrested if he ever reported what had been found.

More than 30 years later, an inquiry into allegations of child sex-abuse rings, murder and cover-ups has been launched by the British government after Scotland Yard detectives said that they believed statements by victims who claimed that they had been systematically abused as young boys at sex-abuse parties attended by judges, politicians, intelligence officers and staff at the royal palaces.

(Source: TheDailyBeast.com, 6 March 2015, <http://tinyurl.com/nu344rr>.)

DO ANTIDEPRESSANT DRUGS INCREASE SUICIDAL TENDENCIES?

In 2010, *Acta Psychiatrica Scandinavica* published a study by Dr Goran Isacsson *et al.*, titled "Antidepressant Medication Prevents Suicide in Depression". Here's the conclusion: "The finding that in-patient care for depression did not increase the probability of the detection of antidepressants in suicides is difficult to explain other than by the assumption that a substantial number of depressed individuals were saved from suicide by postdischarge treatment with antidepressant medication."

The article was retracted by the authors and by *Acta Psychiatrica Scandinavica* about 16 months after publication because of "unintentional errors in the analysis of the data".

Dr Isacsson works at the Division of Psychiatry in the Karolinska Institutet, Stockholm, Sweden. Ivan Oransky of Retraction Watch reported that he had contacted Dr Isacsson and *Acta Psychiatrica Scandinavica* for more information and received the following reply from Dr Isacsson:

"We discovered lately that there was a coding error regarding diagnoses in the database we utilized for the 2010 paper. When corrected, antidepressants were detected in depressed suicides as often as could be expected and not less than expected which was the crucial finding in the paper. This means that no conclusion can be drawn from the study regarding antidepressants' effects on suicide risk in any direction."

In June 2012, I made an FOI request to Karolinska Institutet (where Isacsson is working) to obtain the corrected figures in this research project. The answer from the Karolinska Institutet: "This is confidential information; no data can be released."

It took a five-month legal process to gain access to the correct data. During this whole process, Karolinska Institutet claimed that all the data in this research project were confidential. The result shows that "the correct percentage" is 56, meaning that of the persons who had been treated for depression in psychiatric care in the last five years before suicide, 56 per cent had antidepressants in their blood when they committed suicide.

So, finally, we got to know that the 15.2 per cent in actual fact was 56 per cent—an increase of 268 per cent (from 164 persons to 603). If a particularly low number (15 per cent) warrants the conclusion in the article's title ("Antidepressants Medication Prevents Suicide in Depression"), wouldn't it be reasonable to infer that a particularly high number (56 per cent) might warrant the opposite conclusion? This is particularly so in that the increase from 15 per cent to 56 per cent can only have come at the expense of one or other of the remaining categories, which would make the discrepancy even larger.

I'm perfectly willing to accept that the original analysis was a genuine error. But at the time of the retraction and the letter to Retraction Watch, Dr Isacsson must have known that the true figure was 56 per cent, and the question needs to be asked: why did he not release the 56 per cent figure voluntarily at the time of discovery? In addition, it is difficult to avoid the conclusion that his letter to Ivan Oransky was deliberately deceptive.

At the time of writing the article in question, Dr Isacsson had financial ties to Lundbeck, Eli Lilly and GSK.

Incidentally, Dr Isacsson not only continues to promote the notion that wider use of antidepressant drugs will prevent suicides, but he also calls routinely for the removal of the US Food and Drug Administration's black-box warning on this matter.

(Source: Extracted and edited from an article by Philip Hickey, PhD, MadInAmerica.com, 2 March 2015, <http://tinyurl.com/msv599e>.)

When 'Alternative' Medicine Was Mainstream

Part 1 of 2

Physicians during and after the Renaissance were well versed in the ancient science of the humoral body and knew how to diagnose and correct health imbalances with the right types of foods grown and consumed according to climatic regions and the changing seasons.

by Paul Lloyd, PhD

Email: psl6@leicester.ac.uk

*Chymists have appear'd with so much ostentation, and with such contempt of the Arabians and Galen, that we have been made to expect wonders from their performances. Paracelsus, who would be thought the head of a sect, has treated the Galenists so rudely, as if they were the most ignorant men in the world, and had little skill beyond a plaster or a purge.*¹

Recovering an Ancient Science

The conviction that physical and mental health could and indeed should include elements based on the humoral schema, shared by many proponents of alternative medicine in modern times, goes back many years. This belief finds expression in the making and taking of herbal remedies that rectify a wide variety of ailments.

However, prior to the widespread adoption of modern science by doctors—starting with the chemical and mechanical body theories forwarded by pioneers such as Philippus von Hohenheim (Paracelsus) and George Cheyne, which supposedly necessitate the use of chemicals, minerals and distillates to cure illnesses *introduced* to the body—our ancestors up until around the mid-1600s clearly understood wellbeing in quite another way.² Prevention and cure of illnesses that originated *within* the body, these learned people knew, was part of the same package that had at its core respecting the so-called "non-naturals": breathing high-quality, non-polluted air; regular and timely evacuation; correct exercise; sleeping soundly; avoiding perturbation of the mind; and eating and drinking the right foods in the right quantities at the right time.³ Thus, lifestyle was key—and, most importantly, this included eating humorally balanced meals.

Despite "advancement" in medical science in the late 1600s, not everyone was favourably impressed with using chemicals; and even in 1700, as the quotation above shows, there was a harking back to Galenic and Hippocratic theories which recognised that the human body was at one with its natural environment and should be treated accordingly. In this two-part paper, I show clearly and exactly what maintaining and improving good health meant and how we might evaluate this ancient but scientific practice for its values.

Here in part one, I describe the humoral body and the science that underpinned it, as seen by both ancients and European doctors practising medicine during and after the Renaissance period. In part two, I focus on diet by looking at the types of foods needed to cure maladies and prevent sickness from occurring in men, women and children in different climatic regions and at various times of the year.

The Humoral Body and its Nutritional Needs

First, for those who are unfamiliar with the concept of humourism, I need to explain what is meant by the humoral body and its nutritional requirements for maintaining and improving good health.

During the Renaissance period in Europe, there was a revival of interest in ancient scientific wisdom. The works of two ancients—Galen, a well-respected physician and philosopher who was born in Turkey and lived in Greece, Alexandria and Rome between c. 130 and 210 AD; and Hippocrates, who lived in Greece six centuries earlier—occupied a central position in the medical theories of late mediaeval and early modern physicians.

Even in Hippocrates' heyday four centuries before the birth of Jesus, there was nothing new in humoral medicine; for the Greek physician insisted that *his* medical knowledge was ancient wisdom at that time.⁴ Thus, it is probable that humourism was received indirectly from exceptionally knowledgeable sages inhabiting Mesopotamia in the earliest of times—wise men who also bequeathed to us mathematics, astronomy, writing and bookkeeping, lawmaking and civil society.

So what was the nature of this medical knowledge that was readopted by physicians during the Renaissance?

Starting in the Italian Peninsula and moving out from there, doctors based their advice on the conviction that a person's health depended upon achieving a fine balance between the four humours present in the body: blood, phlegm, black bile and yellow bile. Humoral imbalance, no matter how small, resulted in the body's becoming too

dry or damp, or too cool or warm. This imbalance could then adversely affect both mental and physical health.

Because all organic matter contained in varying proportions the same humours—the counterparts of the four elements of air, water, earth and fire—it logically followed that each type of food had its own peculiar humoral properties. As these were transferable to the body when absorbed, a diet appropriate to maintaining and improving health could be selected.⁵

There was no need for chemically produced medicine because food *was* medicine. Illness required short-term dietary adjustment, and books known as "dietaries", written and published by physicians and apothecaries, served as useful guides to healthful living. Because a salubrious diet was but one aspect of maintaining good health, with the other "nonnaturals" also affecting health, some books, known as "regimen manuals", were more comprehensive.

Both sorts of book usually contained gender- and age-specific advice; and, because specific foodstuffs were key to adjusting the state of the body, all of them included sections on foods' humoral properties.

Each type of food was known by medical experts to be a composite of the two fundamental humoral qualities—heat and moisture—and was located at a point intersecting two axes that each had nine stations ranging from hot to cold and from dry to moist (see table 1). In addition to informing their readers about the benefits of specific foods and about the harm they could do, some dietaries even subdivided each degree into three further parts. With the seasons of the year and climatic conditions effecting a predominance of one humour over another, this level of detail helped to fine-tune the body as and when required.⁶

The Humours Defined

So what are the natures of these humours? Thomas Elyot (1490-1546), a renowned scholar with an insatiable thirst for knowledge and a keen interest in medicine, described them in this way:⁷

Blood. Blood holds a pre-eminent position over the other three humours. Because of its temperateness of heat and moisture, blood preserves the body. Distemperature of blood occurs when one or more of the other three humours either becomes inordinate or mixes with the others.

Phlegm. There are two sorts of phlegm: natural and unnatural. Natural phlegm is cold and moist, white and tasteless. Containing mainly water, it is produced when there is insufficient decoction in the body's secondary digestion of food. Thus, it cannot be converted to heat-generating blood. Unnatural phlegm is that which is mixed with other humours or has been texturally altered.

Its characteristics typically are: it is colourless, green or chalky; it is thick, slimy and viscous; it is cold; and it is either salty or sour.

Black Bile. The humour known as black bile, sometimes referred to as black choler or melancholy, also comes in two kinds. The natural sort is made from the dregs of pure blood and can be recognised by its blackness when "it issueth either downward or upward". It is cold and dry; and although in the right quantity it is essential in maintaining good health, too much of it can induce despondency and can leave the body susceptible to contracting disease. The unnatural kind, which is produced in the body as a result of a corruption of choleric yellow bile, is hotter and lighter. This unnatural bile is particularly dangerous to health.

Yellow Bile. Choler, or yellow bile, is also of two kinds:natural and unnatural. The former sort is clear red or orange in colour, and is hot and dry.

It is "engendered of the most subtle part of matter decoct, or boiled in the stomach, whose beginning is in the liver". Unnatural choler is that which is "mixed or corrupted with other humours", and its characteristics are of four sorts: yellow, being a mixture of natural choler and phlegm, with less heat than pure choler; yellowy orange, being a mixture of natural choler and congealed phlegm; a light green sort that originates in the stomach rather than in the liver; and a darker green sort that is poisonous.

choleric				sanguine				
				H4				
				H3				
				□ H2				
				H1				
D4	D3	D2	D1	J	M1	M2	M3	M4
				C1				
				C2 ■				
				C3				
				C4				
melancholic				phlegmatic				

Table One
 H = hot; M = moist; C = cold; D = dry; J = **juste milieu** (the happy medium that assured good health).
 In simple terms, if ■ = the humoral characteristics of a patient, □ = the required overall dietary balance.

The Humours, Diet and Climate

The humoral station of male manual workers was known to be slightly hot and dry. This was obvious to 16th-century physicians because of the heat and perspiration generated when working. It manifested itself also in the workers' need to imbibe copious quantities of fluids. If drinking was done in a bar or alehouse, as was often the case, it could sometimes result in heated debate or even in fighting; this also proved that young men, particularly labourers, were humorally hot.

If a man or a woman was *overly* hot and dry, he or she was said to have a "choleric" complexion. This meant that there was an overabundance of yellow bile in the body. This manifested itself in a restless, easily angered temperament. In order to rectify this condition and to avoid the possibility of leaving the person susceptible to contracting certain illnesses, he or she would be advised to adjust his or her diet to include more humorally cool, moist ingredients—such as certain types of vegetables and fruits—to achieve equilibrium. In comparison to men, women were slightly to the cool and moist of centre. Perceived to have thinner bodily fluids than men, and greater quantities of them—hence their ability to lactate and the necessity to menstruate—they were considered to be relatively calm and sometimes a little remote. It was known that as people aged they naturally became cooler; thus it was important for elderly people not to eat certain foods that would exacerbate the problem and leave them feeling unwell. When one died of old age, the loss of all bodily heat was not so much a symptom of death but a cause of it.

If one was cooler and moister than necessary, he or she was "phlegmatic". This condition could induce a whole range of maladies, not least of which was mental illness due to fluids or vapours rising up to the brain. Deteriorating health in this case could be prevented and even reversed by cooking with well-chosen ingredients such as cloves, ginger or nutmeg that were hot and dry.

The body could also be overly warm and moist. This meant that it was producing too much blood, which made the patient "sanguine". Short of bloodletting, a way to combat this potentially dangerous condition was to prepare meals with more cold, drying ingredients such as lemon, vinegar or some of the other foods discussed in part two.

Conversely, if a person possessed too much black bile and was therefore overly cool and dry, he or she required immediate dietary adjustment of the sort that I will reveal later.

It is important to realise that one size certainly does not fit all when it comes to humoral medicine. We have seen that labouring men were on the hot and dry side of centre. This required them to consume specific foods and beverages to prevent illness from occurring and to toil effectively.

Sedentary men such as students, lawyers and gentlemen, on the other hand, were closer to midpoint; therefore it was understood that their bodily requirements were different. A more refined lifestyle necessitated a correspondingly refined diet that was also relatively low in moisture, coolness and viscosity. The last thing a scholar needed was dampness rising to the head, with resulting impairment to reason and memory. But whether people worked hard for a living or were relatively inactive, ancients knew that the humoral complexions and bodily requirements were subject also to climatic conditions.

They also knew perfectly well that foods acquired their properties from the environment that surrounded them. Thus, as the body was at one with its natural surroundings, locally produced foods were also the most healthful ones—transferring, as they did, their humoral properties to the people eating them. This meant that people could safely eat both indigenous plants and animals and those that had been introduced to the region and had become acclimatised over a long period of time.

For this reason, olives, dates, figs, citrus, tomatoes and chillies were ideal for people living in the Mediterranean Basin, North Africa, the Middle East and the region described in modern times as the southern United States.

For northern Europeans and those living in Canada, Maine, New Hampshire and New York, temperate and cool-loving plants could be used to preserve good health. Although foreign foods were increasingly used to cure and prevent sicknesses and other bodily disorders, it was well known that enough herbs, vegetables and fruits grew locally to cater for each and every medical requirement.

In 1615, a republished and extended version of a small medical treatise attributed to Dr Timothie Bright was directed specifically at a broad, nonspecialist English readership.

Adhering to the time-honoured, methodical and precise theory and practice of Galenic medicine, Bright noted that people living in the English climate should maintain and improve their health by choosing the correct diet.

This entailed counterbalancing ill humours by eating foods with opposing properties. In suggesting that his English readers avail themselves of medicines made from plants that grow in the English environment, rather than imported ones better suited to Europeans, he saw a clear benefit in growing their own regional fruits, vegetables and herbs.⁸

Renaissance physicians knew that regional differences and the annual cycle of climatic change were factors that required adjustment in healthcare, for Hippocrates himself had written: "We must attribute something also to custom, age, season and region."⁹

Doctors in England, for example, noted that the chilly, damp winters in their country were bad enough; for this reason they suggested leaving certain phlegm-producing foods alone in order to prevent the onset of winter illnesses, and they argued for the eating of drying foodstuffs instead.

Drawing on the works of Hippocrates and Galen, Thomas Cogan, an Oxford fellow and "Bachelor of Physicke" noted this in 1584 when he said that changing one's diet in the correct manner during the winter months had the effect of shifting one's humoral balance back to the centre.¹⁰ In this case, he was talking about the benefit of using garlic as an ingredient in meals; but, as we will see, some of the driest foodstuffs (in the humoral sense of the word) were liquids. Conversely, some dry foods, like granulated sugar, were humorally moist.

The change to winter conditions was not a problem specific to cool countries, for it was understood that even in relatively warm regions one was best advised to adjust one's diet depending on the time of the year.

Diagnoses of Humoral Imbalance

So how did a physician recognise the symptoms of humoral imbalance that could result in, or had already resulted in, sickness?

If one was sanguine to a dangerous degree, one was likely to have a ruddy complexion, be overweight or fleshy and be immoderately jovial. However, a well-trained doctor would recognise other symptoms: the veins and arteries might be large; the patient might display a tendency to oversleep; he or she may dream of pleasant but strange things; the pulse would be strong; the duration of any anger displayed by the patient would be short; meals would be digested without any difficulty; and he or she might bleed easily, have reddish urine and sweat abundantly. In addition, the senses and wit might be slow, the head might be aching and seem heavy, and the nose could be clogged up.¹¹

If the body was too phlegmatic, the signs would be these: the patient might have soft tissue; veins and arteries might be small; hearing might be sharper than usual; complexion would be light; the patient would feel sleepy but would actually get little in the way of restful sleep; he or she may dream of water or fish; and digestion may be weak. In addition, an overly cold, moist person might be slow in moving about; he or she might have impaired mental faculties; there would be a tendency to display timidity; the patient's urine would be pale; and his or her spittle would be white, thick and, like nasal mucus, would be present in abundance.¹²

The body of an overly hot and dry person might be thin; the colour of his or her hair was likely to be black, red or auburn. Although a choleric child might have a good head of hair, as an adult he or she might be prone to early baldness. He or she might also be argumentative and easily angered. But a choleric condition could be discerned also by a doctor recognising these symptoms: the patient might be constipated; the skin might be red or sallow; he or she might get little sleep, and dream of fire or fighting; there would be a tendency towards heat sensitivity; the pulse would be fast and strong; the voice would be sharp; he or she would be quick-witted and watchful; the urine might be clear but highly coloured; and there would be little or nothing in the way of excess fluids in the head.¹³

The symptoms of an excessively cold and dry person would typically be quietness and despondency, and the head would feel cold.

However, there were other signs that might indicate to a doctor that his patient had the dangerous and potentially life-threatening condition of melancholy: he or she might be thin and have skin that is relatively hard and either dusky or white; a lack of concentration might be evident in adults, but not in children; the veins would not be noticeable; the pulse would typically be faint; and the urine would be colourless and thin.

Furthermore, the patient would seldom laugh; he or she might be timid, fearful and watchful; once roused, his or her anger would be slow to abate; the digestion of food would be slow and partial; and the patient might be prone to picking up infections and to ageing prematurely.¹⁴



Galen of Pergamon (c. 130-210 AD) (Lithograph by Pierre Roche Vigneron, Lith de Gregoire et Deneux, Paris, c. 1865) (Source: Wikipedia)

Medical Treatises Spread the Word

How was this ancient knowledge disseminated? Possibly because the Roman Empire was centred in the region that is known these days as Italy and people living there felt a sense of nostalgia for their prestigious past, and possibly because of the accessibility of records, the region was at the heart of the humanist revival of classical teachings—both in science and in the arts—during the Renaissance period.

Before Montpellier became the main centre for medical students, the School of Medicine at Salerno, near Naples, was *the* distinguished medical teaching facility that attracted scholars from all over Europe. It was here that students learned from the wisdom of great thinkers who had lived in the dim and distant past, and then spread the word across Europe.

One of the most well-known works to come out of the school was *Regimen sanitatis Salerni* ("The Health Systems of Salerno"). The author remains unknown, but the treatise may well have been written and/or versified by Joannes de Mediolano.¹⁵ In 1541, an English translation of this work appeared, and over the next century many more Galenic and Hippocratic regimen guides to healthful living were published throughout Europe. One of these books, *The English mans doctor*¹⁶, was based on Mediolano's work. It was written in verse so that it was easier for the non-specialist to understand. The medical wisdom contained therein was considered important enough for the work to be republished several times.

As will be seen in part two's description and appraisal of food as medicine, other important works agreeing with Elyot's summary of contemporary medical knowledge included those written by; Welsh doctor and poet William Vaughan (*Approved Directions for Health*, published and republished in the late 16th and early 17th centuries);

Andrew Boorde (*A compendyouy regyment...*); Henry Butts, a Cambridge fellow and Master of Arts (*Dyets Dry Dinner*); physician Tobias Venner (*Via Recta ad Vitam Longam*, or "The Road to Long Life", a 200-page treatise); physician Gualtherus Bruele (*Praxis medicine*, or "The Physician's Practice"); and Dr Thomas Moffett (*Healths Improvement*, a 300-page book edited by physician Christopher Bennett and published posthumously in 1655).¹⁷

Like Dr James Hart, who in 1633 critiqued the "idle tale" of "miracle-monger" Paracelsus and "his foolish followers"¹⁸, Moffett (1553-1604) showed that he was aware of the ideas of Paracelsus (1493-1541). Moffett described Paracelsus as a "silly alchemist"¹⁹; and even though the latter's work eventually became influential, the humoral schema was, and still is in some people's eyes, resilient.

In summing up the nature of the humoral body, the last word here should perhaps go to physician William Bullein, whose medical treatise *The Government of Health* was published in 1595:

*Hippocrates in his booke of windes or blastes, saith that phisicke or medecine is but a putting to the body which it lacketh, or taking from the bodie things superfluous. And although our life be short, yet the art of phisick is long, because great numbers of things be in it, and requireth much study, labour and practise...*²⁰

In this regimen guidebook, Bullein helpfully described the nature of the humoral body in rhyme:

*The bodies where heat and moysture dwel,
Be sanguine folkes as Galen tell,
With visage faire and cheekes rose ruddy:
The sleep is much and dreames be bluddy.
Pulse great and full, with digestion fine,
Pleasantly concocting flesh and wine,
Excrements abundant, with anger short,
Laughing very much and finding sport,
Urine grosse, with colour red:
Pleasant folkes at boord and bed.
Where cold with moisture prevailleth much,
Flegmatike folks be alwaies such,
Fatnes softnes, haire plaine and right,
Narrow veines and colour white,
Dull of wit, no heart, too bold,
Pulse very slow, disgestion cold,
Sleeping over much, urine grosse and pale,
Spittle white and thicke, thus ends the tale.
Choler is hot and drie as fire,
Leannesse of lims and puffed with ire,
Costive bellies, with lite sleepe,
Dreames of fier, or wounds deepe.
Sallowe coloured, or tawnie red,
Feeding on salt meats, and crustes of bread,
Voice sharpe, and quickenes of wit,
Urine yellow and saltnes of spit
Pulses swift, and verie strong,
Cruell countenance, not anger long.
Melancholy is cold, and very drie,
As here in rime the signes will trie,
Haire plaine, and verie thin,
leane wretch with hardnes of skin.
Colour whitelie, or like to lead,
Much watch, and dreames of dread,
And stiffe in folish fantasie,
Disgestion slowe, and long angrie.
Fearefull of minde, with watrie spittle,
Seldome laughing, and pulse little,
Urine waterie, and verie thin,
The colde earth, to him is kin.*²¹

Continued next issue...

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'Mental Disorders' Drive Big Pharma & Social Control

We live in a sick society when psychiatrists keep inventing new mental disorders that require treatment with yet more toxic drugs developed by the profit-driven pharmaceutical industry. Today, almost everyone can be diagnosed with a mental illness.

by Joachim Hagopian

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The Psychology-Psychiatry-Psychoanalysis Nexus

A century ago, the fledgling brand-new "science" of psychology was still in the throes of struggling for cultural and academic recognition, acceptance and respect as the latest, still unproven, member of modern science. The Austrian neurologist Sigmund Freud was credited as the "father of psychoanalysis".

With Freud as psychology's chief pioneer, the study of the mind and human behaviour was then long on theory and short on practical, evidence-based proof. The burgeoning academic discipline of psychology-psychiatry-psychoanalysis was still in its infantile stage in comparison to the long-established bastions of the modern scientific method—the standard natural sciences of physics, chemistry, biology and medicine.

These physical sciences more than adequately met the rigours of the scientific method through understanding and explaining life's material forms to the extent that their basic theories governed by established natural laws of practical application produced a consensual, accurately measurable, means of both predicting and controlling matter with a very high degree of proven success.

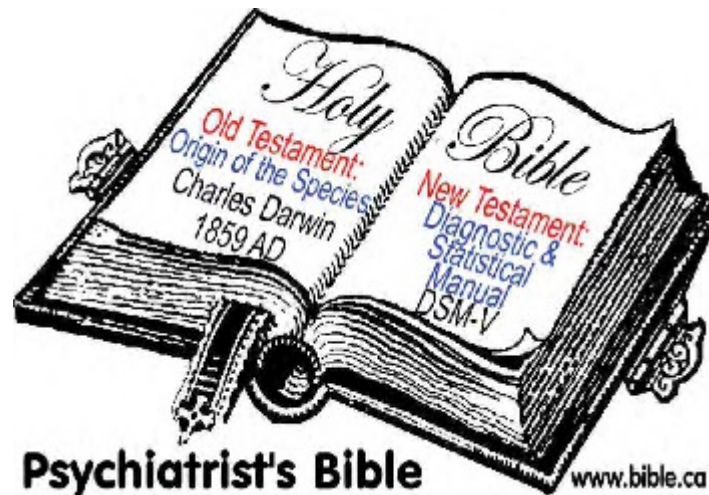
On the other hand, psychology-psychiatry had no luxury of any unifying basic formulas, equations, laws or quantitative applications that could accurately predict, much less control, human behaviour. The complexity of the human mind as it relates to behaviour has always rendered prediction and control virtually impossible. Moreover, the issue of scientific prediction and control of the human species raises all kinds of ethical questions that run counter to democratic principles and free will. Hence, the closest proximity to being able to collect "scientific data" through analysing observable behaviour that could easily be quantified was through the developing branch of psychology known as *behaviourism*.¹

Russian scientist Ivan Pavlov with his bell and salivating dogs established the widely accepted phenomenon linking a stimulus to a conditioned response called *classical conditioning*. The seminal work of James Watson, William James and, later, B. F. Skinner forwarded the notion that rigorous scientific enquiry could focus on human behaviour as the primary unit of observable analysis.

Skinner's concepts of operant conditioning and reinforcement as the explanatory driving force behind behaviour also fitted neatly alongside Freud's rudimentary tenet that humans are motivated by drives to seek pleasure/reward and avoid pain/punishment. Effects of positive and negative reinforcement could readily be scientifically measured and assessed. Thus, the behaviouristic component within psychology helped legitimise the discipline as a science.

Out of the fundamental need to develop further the science of psychology evolving from the dominant medical model came the related study and practice of psychiatry, trained medical doctors who specialised in the human mind combining study of its physical correlate, the brain, with behaviour. Abnormal psychology developed as yet another sub-branch within the field that delved into deviant behaviour and psychopathology. As a scientific discipline at the turn of the 20th century, the formalised study of the human mind and behaviour in its formative stages as a still "wannabe" science recognised only seven "known" mental disorders: mania, melancholia, monomania, paresis, dementia, dipsomania and epilepsy.²

As the functions of the brain and its effects on abnormal behaviour were further studied and delineated, a pressing need to classify the growing number of identifiable mental disorders manifested in 1952 with the first edition of the *Diagnostic and Statistical Manual of Mental Disorders* (DSM).³



The American Psychiatric Association's Committee on Nomenclature and Statistics in its DSM-I listed 106 mental disorders. [The fifth edition, DSM-5, published in 2013, continued to add to the growing list of hundreds of mental disorders and specific mental-illness diagnoses.]

The proclivity for the psychiatric field to pathologise humans through exponentially increasing mental disorders can be the speculated result reflecting a deepening level of scientific knowledge, empirical evidence of society's worsening mental health condition and/or the increasing linkage between psychiatry and Big Pharma's greedy thirst for record-setting profits. The last explanation takes into full account the unholy marriage between psychiatry and the ever-powerful pharmaceutical industry. Invention of new diseases leads to more Big Pharma profit.

Moreover, the alarming partnership merger between Big Business and Big Government combined with America's morphing from a deceased democratic republic into an emerging fascist totalitarian oligarchy best illustrates this phenomenon that now has nearly every American able to be diagnosed with a specific mental disorder. Where there is no ethical or moral consideration for what's best for the human population, having this convenient DSM tool leading the mental health system to be able, in effect, to declare certifiable virtually anyone with a diagnosable mental disorder ultimately becomes the perfect vehicle/weapon for abusive tyranny and oppression. Institutionalisation in lock-up facilities like insane asylums, prisons and FEMA camps looms large in the feds' not-so-hidden agenda, especially the United Nations Agenda 21.⁴

A Crusade Against Labels

For over two decades, Harvard psychologist Dr Paula Caplan⁵ has led a valiant crusade against the labelling of humans based on the proliferation of newly identified mental disorders dispersed by the bible of clinical diagnosis, the *Diagnostic and Statistical Manual of Mental Disorders*. The author of the 1995 book *They Say You're Crazy*, Caplan has long been a vocal critic of her own field of psychology and psychiatry and of the DSM with its ever-expanding list of mental disorders. Caplan's article "Pathologizing Your Period"⁶ demonstrates as illustriously perverse the evidence of the damage done by inventing artificial mental disorders (like *premenstrual dysphoric disorder*) that are mere natural biological functions, all to enhance the profit-making machine of Big Pharma.

To show that as a feminist she is not partial to rushing exclusively to the aid of just her own gender, Caplan cites *delusional dominating personality disorder* as the bogus diagnosis directed at men.⁷ She concludes that the DSM is unscientific, fails to improve health and causes severe psychological damage to the diagnosed.

The Hippocratic Oath of "First do no harm" is fundamentally violated by mislabelling humans in the worst possible way.

Big Pharma's Self-Serving Interests

Of course, the pink elephant in every psychiatrist's office is Big Pharma. In a case of clear conflict of interest, while Big Pharma is busily funding the American Psychiatric Association (APA), 20 white male psychiatrists from the APA, full of biases against women, minorities and the poor, are misusing their paid imaginations creatively to invent yet new mental disorders every few years. Hence, Big Pharma and the psychiatrists behind the DSM both possess the self-serving interest to label more people as mentally defective in order to justify giving them more drugs. Money, profit and greed are at the root of all this horrific propaganda and disinformation.

Because there's so little money to be made in prevention, efforts towards actively promoting stronger mental and

emotional health amongst our overly stressed-out populace struggling for survival is not a high priority. The pharmaceutical and healthcare industries are more about keeping Americans unhealthy, morbidly obese on toxically saturated chemical diets that prove to be a breeding ground for heart disease and cancer. To maximise Big Business profits, by design the powers-that-be want us to continue living unhealthy lifestyles that require long-term medical care.

As a practising licensed psychotherapist employed in the mental health field for more than a quarter of a century, I can honestly say that the mental health field is no different. For years it, too, has been engulfed and bought out by the sinister profit-driven greed of Big Pharma. In the same way that the US health industry is not interested in curing cancer as a disease, as too much money is made from it, the amalgamation of the psychiatric and pharmaceutical industries is not about preventing mental illness, it's about expanding and exploiting it.

Pathologising the Population

The calculated focus on "psychopathologising" the general population to the most absurd degree of making everyone diagnosable translates into a mentally defective population perennially in need of a quick fix—compliments of Big Pharma.

Misdiagnosis of mental disorders is off the charts. The entire diagnostic system has absolutely no scientific basis. The DSM is mere bogus propaganda.

Operating as a psychiatric Gestapo, the DSM and Big Pharma are all about power. There is no brain pathology that can be detected by scientific medical testing. Every mental disorder is invented. It is not like a physical disease that with tests can be detected as real.

Anyone with a licence and credentials and wielding differential power can diagnose someone as mentally ill, using it as a malicious weapon. I found social conflict to be the crux of the problem. Those who conform and don't make waves are considered "normal", and those who do not conform and express a mind and will of their own are typically labelled "deviant", "abnormal", "mentally defective" and "mentally ill". If you do not think like consensus reality, you can be misdiagnosed. Those who hold different beliefs are susceptible to being labelled "crazy". In the name of helping, mental health professionals can actually do grave harm.

Even one of the most respected and prominent leaders in the mental health field, National Institute of Mental Health (NIMH) Director Thomas Insel, has criticised the DSM for going too far and not being scientifically based, saying that "NIMH will be re-orienting its research away from DSM categories".⁸ Investigative reporter Robert Whitaker, author of *Anatomy of an Epidemic*, commented:

"When Insel states that the disorders haven't been validated, he is stating that the entire edifice that modern psychiatry is built upon is flawed, and unsupported by science... If the public loses faith in the DSM, and comes to see it as unscientific, then psychiatry has a real credibility problem on its hands."⁹

Speaking of a credibility problem, the latest misguided revelation from psychiatry in its urgent need to psychopathologise and label people is that anyone who is discerning about what they ingest in their bodies for obvious health reasons is also now diagnosable with a mental disorder. A person who demands to know if the food they consume is a GMO Monsanto-infested poisonous product must be suffering from *orthorexia nervosa*, a so-called condition that is "a pathological obsession for biologically pure and healthy nutrition".¹⁰

Another defective label is currently used on any individual who loses a little memory as part of the natural ageing process short of dementia. They are now suffering from a psychiatric illness called *mild neurocognitive disorder* (MND).¹¹

If any young person is a nonconformist who dares to question authority, they are now quickly diagnosed with the label *oppositional defiant disorder*.¹² Of course, a sizeable segment of the more gifted and creative students in our dumbed-down educational system can easily grow bored with the dull delirium of classroom dogma. Because the slow, repetitive pace in the classroom is clearly not challenging or stimulating enough for the gifted to avoid becoming restless and antsy, soon deemed to be a discipline and/or management problem, they then systematically are mislabelled with *attention deficit hyperactivity disorder*¹³ (ADHD or ADD) and instantly prescribed damaging Big Pharma drugs.

Psychiatrist Colin Ross is a refreshing renegade within his field because he accurately indicts his profession for pushing drugs to the near exclusion of practising any psychotherapy. He expressed his observations regarding his fellow colleagues in psychiatry:

"I also saw how badly biological psychiatrists want to be regarded as doctors and accepted by the rest of the medical profession. In their desire to be accepted as real clinical scientists, these psychiatrists were building far too dogmatic an edifice...pushing their certainty far beyond what the data could support."¹⁴

I was employed in countless settings where psychiatrists would routinely arrive at the facility and see 20 or more

patients within an hour or two in a cattle-call ritual and then be on their merry way to their next pit stop, all the way to the bank at the end of the day. Though there are good psychiatrists and bad psychiatrists in the same way as there are good therapists and bad therapists, my view of the psychiatric profession is that most of its members are just drug-pushing Big Pharma whores.

Drugs, Deaths and Deception

Virtually all the drug studies show that there is no difference between antidepressants and placebos in children suffering from mild to moderate depression.¹⁵ Yet the side effects of antidepressants are horrendous, with weight gain, increased cholesterol levels and adverse effects from toxicity.

The psychiatry field has brainwashed our culture into believing that mental illness is caused by imbalances in the biochemical system of the brain and that psychotropic prescription medication is the answer in helping to restore balance.¹⁶ Yet science fails to back up this bogus claim. There is no evidence that low serotonin levels are the root cause consistently found in depression: just as many people with depression have high levels. It's been a Big Pharma myth that antidepressants address "low" serotonin levels.

For years we've been hearing about how Prozac® and other antidepressants like Paxil® and Zoloft® have contributed to, if not actually caused, hundreds of suicides and homicides¹⁷ especially amongst adolescents. The *Journal of the American Medical Association* even admitted years ago that the fourth leading cause of death annually in the US is from medication side effects. Deaths from painkillers alone have tripled in the last 20 years.¹⁸ Big Pharma is literally killing us.

In 2013, the DSM-5 circumvented the rising criticism¹⁹ that psychiatrists are creating more disorders just so that Big Pharma can make record-setting profits. It did this by deceitfully subcategorising a litany of yet even more ways to diagnose more people but technically not significantly increasing the total number of disorders. This calculated manipulation is symptomatic of the deception that is inherently rampant in the field of psychiatry as well as our society at large.

With recent decades of financial crisis, high unemployment, increased poverty and impoverishment, destabilised family structure, more families struggling to feed themselves and make ends meet, surrounded by threatening global conflict and war, our population in fact is becoming more stressed out and the state of our mental and emotional health is becoming increasingly unstable. The combination of our overall population suffering more and the increased pathologising of new diagnoses has actually caused half of Americans to be diagnosed with at least one mental disorder within their lifetime.²⁰ Some critics would argue that virtually everyone can now be diagnosed with a DSM mental disorder.

This level of gross overdiagnosing, misdiagnosing and subsequent overdrugging has reached an epidemic crisis in America. As a licensed therapist for many years, I encountered this problem constantly.

Psychology-psychiatry is not a science. In contrast, medical science bases diagnoses on physiological evidence. The mental health profession bases its diagnoses on unchallenged bogus premises, preconceived biases and subjective judgements that have all been proven false. Additionally, the diagnosis of mental illness too frequently becomes a lifetime sentence that's severely devaluing, debilitating and needlessly life-crippling and tragic.

Diagnostic System Failure

I've always detested the *Diagnostic and Statistical Manual* as morally repugnant and far more damaging than beneficial. If anything, it engenders a false sense of superiority and potentially a criminally abusive power within the diagnostician at the complete expense and detriment of the diagnosed. In short, it offers little to no benefit whatsoever but a whole lot of harm.

The feeble rationale rigidly holding on to the dubious notion that the diagnostic system is beneficial maintains that clustering symptoms of behaviour together into an organised classification system allows for greater understanding that leads to more accurate diagnoses and subsequent greater treatment efficacy psychiatrically, with prescribing specific Big Pharma drugs to treat specific disorders. I disagree totally. Misdiagnoses and prescribing drugs that too often only exacerbate symptoms and cause residual permanent damage are the commonplace norm. In very limited instances, I observed drugs reducing symptoms significantly which merited the outweighed negative effects. Overall, I found that both the labelling and the drugs each do far more damage than good.

This business of branding people with negative labels such as "deviant" and "abnormal" means that these labels are often internalised and worn for life, i.e., clients eventually see themselves as permanently damaged goods, certifiably crazy. Diagnoses are simply based on a few fleeting moments of observable behaviour that clinicians subjectively mistake as symptoms of DSM mental disorders because they are tuned in and trained to see the world solely through their pathological lens. To me, that's pure BS.

Even a halfway decent healing practitioner looks to find and recognise a client's strengths and talents, and builds on them to raise awareness and enhance selfimage and confidence.

It's the difference between seeing a glass as half-full or half-empty, with the half-empty assessment always producing both a poor prognosis and usually equally poor treatment results.

Stigmatisation becomes a lifelong sentence, an albatross that shackles and destroys humans. Society needs to be educated in order to realise that as humans we all possess some degree of flaws and problems. And just because one might believe someone else has more, they are no less a person. Increased understanding brings increased compassion.

Both our culture and mental health profession have long held some serious misconceptions about the taken-for-granted veracity of the diagnostic system. It's been based on fallacies and pervasive misinformation purposely disseminated for profit.

Labelling hapless individuals with mental disorders while still in their youth causes young people to identify themselves by their diagnoses and subsequently internalise their role as mentally ill persons. I saw at first hand the deleterious effects that labelling had on them.

In my experience, I found that those honest and brave enough to display openly a degree of difficulty adjusting to such a sick, fake society as ours that breeds mass alienation are actually healthier than those deemed well-adjusted who thrive in an unhealthy, toxic culture based on social Darwinism, competitive aggression, greed, deception and amoral, blind ambition. Moreover, I found many of the so-called professionals in the mental health field to be more pathologically "mental" than those whom they so quickly judge.

This is more of the blind leading the less blind *d la* the gem of a 1966-67 cult classic called *King of Hearts*. The film plot revolves around a French village that's been hastily abandoned by the local villagers, leaving the normally locked gate of the insane asylum unlocked while just outside town the two armies of World War I line up to destroy each other systematically.

The beautiful irony of this surrealistic Fellini-esque world is shown through the joy of living so fully and gently in the moment by the so-called crazy people who in fact are far more skilled and gifted in the art of living than the so-called "normals" in uniform nearby who are busily annihilating themselves. The moral lesson depicted a penetratingly deep wisdom that has never rung truer than the madness gripping our technologically driven, modern world that currently has humanity on a collision course towards total self-destruction.

A Pathological Culture

Ultimately the diagnostic labels say far more about the pathology of the so-called professionals who subjectively judge or, more accurately put, misjudge others according to their own biases, warped tendencies and misplaced values. Yet, unfortunately, this misapplied labelling can give licence to abuse and put people away permanently.

As each new, revised DSM is issued every few years, the list of mental disorders keeps growing. This again says more about those who come up with so many new ways to misjudge and psychopathologise other human beings than it does about those being judged. It also indicates a growing pathology within a sick culture that is so focused on branding others as less than so-called "normal", which doesn't even exist in actual human form since it's a mere statistical construct.

Yet this is the expected outcome when a sick and broken political-economic system, rotting and decaying morally from within, merges with a sick and broken mental health system that keeps conjuring up such an extremely twisted and warped lens by which to judge other humans. If it weren't so potentially damaging and sinister, it would readily be thoroughly laughable.

Editor's Note:

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To see the original version with hyperlinks, go to <http://tinyurl.com/okbvj49>

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He now concentrates on his writing and has a blog site at: <http://empireexposed.blogspot.com/>.

Endnotes

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Hope for Dementia with a Novel Aged-Garlic Formula

With dementia numbers on the rise worldwide and with pharmaceutical drugs offering little help, it's shameful that a formula containing aged garlic extract, which anecdotally improves cognitive abilities in a few weeks, is not being taken seriously by the medical community.

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Dementia (from the Latin *de*, "without", plus *-ment*, from *mens*, "mind", meaning "madness") is a serious loss of cognitive ability in a previously unimpaired individual beyond what might be expected through normal ageing. Although the condition is far more common in people over the age of 65, it can occur earlier.

Dementia is not a specific disease but, rather, a set of signs and symptoms that involve memory, attention, language and problem-solving which must be present for at least six months prior to diagnosis. Dementia involves not only a problem with memory but also a reduced ability to learn and reason and to retain or recall past experiences. It results in the loss of patterns of thoughts, feeling and activities. Depression affects 20-30 per cent of those with the illness, and about 20 per cent suffer from anxiety. Psychosis (such as delusions of persecution) as well as agitation or aggression often accompany dementia. As the dementia worsens, these additional behavioural problems may require the patient to be institutionalised.

There are many causes of dementia, as well as several types of dementia including fixed cognitive impairment, slowly progressive dementia, rapidly progressive dementia, and dementia as a feature of other conditions.

Various types of single-event brain injury may cause irreversible but fixed cognitive impairment. Traumatic injury to the brain may precipitate diffuse axonal injury. Interruption to the brain's blood supply or oxygen may lead to neuronal hypoxia and the death of nerve cells. Strokes caused by ischaemia (restriction in blood supply to tissue), intracerebral, subarachnoid, subdural or extradural haemorrhages or infections such as meningitis or encephalitis and prolonged epileptic seizures may also have long-term effects on cognition. Excessive, prolonged alcohol intake as well as the consumption of certain recreational drugs may cause persistent but not progressive dementia.

In slowly progressive dementia, the illness usually begins gradually and then progressively worsens over a period of years. It is caused by a neurodegenerative disease that primarily affects brain neurons. The majority of these cases are caused by Alzheimer's disease, vascular dementia or both. Another fairly common cause is Lewy bodies, which occur alongside the other two forms. Hypothyroidism sometimes causes slow, progressive, cognitive impairment as the main symptom but this may be fully reversible with treatment. The remaining cases in patients over 65 are accounted for by frontotemporal lobar degeneration and Huntington's disease.

A substantial proportion of patients who complain of memory difficulty or any other cognitive symptom at any given age may be suffering from depression. Contributing factors include deficiencies in vitamin B12, folic acid or niacin as well as chronic infections such as cryptococcal meningitis, human immunodeficiency virus (HIV), Lyme disease, syphilis and Whipple's disease.

Rapidly progressive dementia occurs in conditions such as Creutzfeldt-Jakob disease (CJD), which typically causes the dementia to worsen over a period of weeks or months as a result of prion replication.

Other slowly progressive dementia types, such as Alzheimer's, dementia with Lewy bodies, frontotemporal lobar degeneration including corticobasal degeneration and progressive supranuclear palsy, may also accelerate to rapid progression without warning, leaving both clinicians and family members at a total loss.

Dementia may also occur late in other medical or neurological conditions. For example, a proportion of Parkinson's disease patients develop dementia, with the underlying cause being Lewy bodies or Alzheimer's disease or both. Chronic inflammatory conditions of the brain may affect cognition in the long term; Behget's disease, multiple sclerosis, sarcoidosis, Sjogren's syndrome and systemic lupus erythematosus are examples.

Pharmaceutical Treatments

There are no pharmaceutical medications that have been clinically proven to be effective in preventing or curing dementia. Although there are some that have been approved for use, they treat the behavioural and cognitive symptoms of dementia but have no effect on the underlying pathophysiology.

Acetylcholinesterase inhibitors such as tacrine, donepezil, galantamine and rivastigmine have been approved by various regulatory authorities for use in the treatment of dementia induced by Alzheimer's disease. These chemical compounds act to increase the amount of the neurotransmitter acetylcholine which appears to be deficient in people with dementia. In a minority of patients, side effects such as bradycardia and syncope may occur.

N-methyl-D-aspartate (NMDA) receptor blockers such as memantine, marketed under the trade name Ebixa®, act by blocking NMDA receptors overstimulated by glutamine which is understood to create neurotransmission problems and consequently cognitive difficulties and also may lead to neuronal damage through excitotoxicity. Memantine is believed to achieve its results by improving the "signal-to-noise" ratio, thus preventing excitotoxic damage.

Many other available medications are also used in an "off-label" fashion; the antibiotics minocycline and clioquinoline may help to reduce amyloid deposits. As depression is frequently associated with dementia and tends to worsen both cognition and behaviour, antidepressants are useful in Alzheimer's but not in other forms of dementia.

Anxiety is also frequently experienced in patients with dementia, but the benzodiazepines are to be avoided as they often increase agitation, worsen cognition and are too sedating.

Selegiline, primarily used in the treatment of Parkinson's disease, appears to act as an antioxidant, preventing free radical damage and thus slowing down the development of dementia; however, it also acts as a central nervous system stimulant, making it difficult to determine its proper mode of action.

Typical antipsychotics such as haloperidol and atypical antipsychotics such as risperidone increase the risk of death in dementia-associated psychosis. In the UK alone, according to a 2009 study, 188,000 dementia sufferers were unnecessarily prescribed antipsychotic drugs and about 1,800 patients died as a result.¹

The Alarming Rise in Deaths from Dementia

What is further disturbing is that it appears that brain diseases are affecting more people and starting earlier than ever before. The latest research of Professor Colin Pritchard *et al.*, published in the journal *Public Health*², has found that the sharp rise in deaths from dementia and other neurological disorders in people under 74 cannot be put down to the fact that we are living longer. The rise is because a higher proportion of elderly people is being affected by such conditions; and what is really alarming is that these conditions are starting earlier and affecting people under 55 years. Of the 10 major developed countries, the USA had the worst increase in all neurological deaths, with men up 66 per cent and women 92 per cent between 1979 and 2010; the UK was the fourth highest, with men up 32 per cent and women 48 per cent. In terms of the number of deaths, in the USA the figure was 14,500 and is now more than 28,500, while in the UK it was 4,500 and is now 6,500. We can only speculate as to what has caused these increases, but there is no doubt that there is an "epidemic" which clearly is influenced by environmental and societal changes.

Recent Research into Diet and Metabolism

The Mediterranean diet appears to be linked to preserving memory. In the largest study yet done on this diet³, dietary information from 17,478 African-Americans and Caucasians, with an average age of 64, was reviewed as to how closely the participants adhered to the Mediterranean diet. Study subjects also underwent tests that measured memory and thinking abilities over an average of four years.

Seventeen per cent of the participants had diabetes. The study found that in healthy people, those who more closely followed the Mediterranean diet were 19 per cent less likely to develop problems with their thinking and memory skills. There was not a significant difference in declines between African-Americans and Caucasians. However, the Mediterranean diet was not associated with a lower risk of thinking and memory problems in diabetes sufferers.

This last finding is very important, as new light has been shed on early-stage Alzheimer's disease. According to these findings, the disrupted metabolism of sugar, fat and calcium is part of the process that causes the death of neurons in Alzheimer's disease. Researchers from the Karolinska Institutet⁴ in Sweden examined the MAM region, a specialised region of the endoplasmic reticulum that is in contact with the mitochondria of nerve cells in early-stage Alzheimer's disease; and although at this point beta-amyloid peptide plaques had not formed, symptoms still appeared, the implication being that the peptide itself is toxic to neurons.

When nerve cells were exposed to low levels of the peptide, this led to an increase in the number of contact points between the mitochondria and the endoplasmic reticulum, causing more calcium to be transferred from the endoplasmic reticulum to the mitochondria. This resulting overaccumulation of calcium proved to be toxic to the mitochondria and affected their ability to supply energy to the nerve cells.

An Ancient Tibetan Garlic Cure

I once read that every person you meet in your life has some sort of message for you which might involve a task that you perform voluntarily or reluctantly or not at all if you so choose. In one such instance, this happened when my elderly friend Leanne Hois came to me for "assistance". Lenni had been suffering for 12 months with a hospital-acquired golden staph infection following hip surgery and was constantly being prescribed oral antibiotics, to no avail. On hearing of her predicament, an acquaintance of Lenni provided her with a copy of a recipe written in German, entitled "Ancient Tibetan Garlic: the cure for the 21st century".

Lenni approached me, as I am a pharmacist, to obtain laboratory-grade ethanol so that she could prepare the tincture according to the directions. Within six weeks, she had "cured" herself of her affliction. Lenni then handed over the formula and quite emphatically said, "Do something with this!" I initially resisted, as I felt that there were enough garlic products on the market; but after three months of being exposed to Lenni's constant nagging, I started experimenting with the formula as I intuitively felt that there was something not quite right with it.

The ancient garlic recipe was discovered by a UNESCO team in 1972 in a Buddhist monastery in the mountains of Tibet. It is thought to be at least 5,000 years old and it was written by a local pharmacist on clay tablets.

The recipe calls for 350 grams of crushed garlic to be placed in a glass jar and for 220-250 grams of 40-42% alcohol, rum or other spirits to be poured over it. The jar is then hermetically sealed and placed in a cool, dark place for 10 days. On the 11th day, its contents are filtered through a very fine strainer or gauze. The resulting liquid is poured back into the same jar and placed back into a cool, dark place, away from sunlight, for two further days. After this period, the remedy is ready for use as follows (the drops may be taken with some milk or water before you start to eat):

GARLIC EXTRACT DOSAGE (NUMBER OF DROPS)			
DAY	BREAKFAST	LUNCH	DINNER
1	1	2	3
2	4	5	6
3	7	8	9
4	10	11	12
5	13	14	15
6	16	17	18
7	12	11	10
8	9	8	7
9	6	5	4
10	3	2	1
11	15	25	25
12	25	25	25

Continue with 25 drops, 3 times per day,
until you finish the entire quantity.

It is claimed that by carefully observing this regime, the following conditions will respond: appetite loss; arteriosclerosis; arthritis and rheumatism; gastritis, stomach ulcers and haemorrhoids; hearing disorders; hypertension; impotence; lung disease; myocardial diaphragm sickness; sinusitis; and vision disorders. The treatment is also said to clear the body of fats and stones (kidney, gall), improve the metabolism and thus cause all blood vessels to (re)become elastic, melt blood clots, regulate body weight, and absorb any internal and external tumours! (This last one is possibly the most important!)

I initially experimented with different forms of garlic and different strengths of ethanol to achieve that "better product"; but it wasn't until I read Culpeper's *Complete Herbal* that I realised that even though all the garlic extracts available commercially or via folklore were good, they all relied on conducting the extraction process in a dark, cool place—contrary to the beliefs of mystics who always relied upon the Sun, the giver of life.

From then on, I put all of my variants into clear glass bottles and placed them in the sunlight for varying lengths of time, ranging from weeks to months depending upon the season. I watched in amazement as the solutions changed colour over time from clear to cognac. The viscosity of the final product was also of interest, as it had become quite syrupy in nature.

The final product of choice was substantially different to that which Lenni had prepared.

I decided to sell the product in 50 mL and 100 mL bottles from my pharmacy while I was still there. Instead of

providing the original dosage regime, I simply put on the label "Take half to one teaspoonful in a glass of water as required" so as to concentrate on the extract's anti-infective qualities.

It became apparent that the garlic extract was beneficial to the health of its consumers, substantially reducing recovery time from infectious illness. More importantly, it was the messages I received from individuals that made the difference when they reported obtaining additional synergistic benefits by taking a B multivitamin preparation with the garlic extract. The synergy was not restricted to recovering from an infection, as individuals soon realised that they felt better and were more cognitively aware when taking the B multivitamin and garlic extract combination. Consequently it became part of their daily intake of natural supplements.

During 1997-2000, I became aware of the scope of this particular garlic extract: it is both antibacterial and antiviral, and can also be used topically. In its external application on infected wounds such as abscesses and boils, the technique is to wet the dressing with the extract and apply it directly to the wound; usually one application is sufficient. The argument that the ethanol content is responsible and should be credited for this result is only partially true.

Taken daily, the garlic extract is useful as a preventive treatment— which, after all, is the best medicine. Those individuals who repeatedly succumbed to debilitating chest infections every winter were spared. Success was also seen in people with chronic fatigue syndrome.

There is no doubt in my mind that everything is provided for us on planet Earth by Nature to keep us healthy and to help us should we become ill. Of course, rest is paramount in the recovery phase. However, Nature has provided us with a host of herbs, vegetables and fruits to use, but the trick with some of them is to know how to obtain the best from these treasures.

In a world running out of antibiotics, this unique garlic extract offers much hope in its direct and indirect mode of actions, meaning its direct nullifying effect on microbes and its ability to hone the immune system.

But do you think for one minute that I can raise any interest? Absolutely not! This is possibly for one reason: I do not have the tie, meaning that I am not a doctor, PhD or microbiologist. What would a pharmacist know? Apart from a few letters from more-than-satisfied individuals praising the virtues of the extract, most of the data I obtained was observational and anecdotal—but then, isn't everything when you logically think about it?

You would think that once I sold my pharmacy in Manning, Perth, this would signal the end of the SLAGE story. ("SLAGE" stands for Specialised Light-Activated Garlic Extract.) But the story didn't end there. Another messenger entered my life and a new chapter opened.

As I did the rounds and scraped together a meagre living working as a locum pharmacist, in 2002 I ended up doing a stint in Kalamunda, Perth. The pharmacy at which I worked serviced the Sisters of St Joseph of the Apparition; and because I'm a Catholic it wasn't long before I was befriended by Sister Damien Warner, who had a very interesting goodbye expression, "May you live long and die happy". During one of our many conversations, Sister Damien asked if I could recommend anything for Sister Ena who suffered from memory lapses. My reply was "Nothing is impossible", knowing that the solution would be based upon the SLAGE discovery.

It is here that we need to deviate to present the science behind the regime that Sister Damien helped with. The point to remember is that SLAGE must be properly described as an *aged garlic extract*.

Statistics and Aetiology

Alzheimer's disease is a progressive neurodegenerative disease which is characterised by a progressive cognitive deterioration associated with declining activities, seen in both everyday living and behavioural changes. It is the most common type of pre-senile and senile dementia in the world today. According to World Health Organization statistics, five per cent of men and six per cent of women above the age of 60 years were afflicted with the disease worldwide in 1999, which represented almost 18 million cases.⁵

According to Alzheimer's Disease International, as at 2013 an estimated 44.4 million people worldwide suffer from dementia, and the figure is expected to rise to 75.6 million in 2030 and 135.5 million in 2050, with much of the increase in developing countries.⁶ In Australia in 2015, nearly 343,000 people are living with dementia, a number that is expected to increase to 400,000 in less than 10 years.⁷

The neuropathological process comprises neuronal loss and atrophy principally in the temporoparietal and frontal cortex, with an inflammatory response linked to the deposition of amyloid plaques and abnormal clusters of protein fragments and tangled bundles of fibres. These neurotic plaques are relatively insoluble dense cores of amyloid fibrils of 5-10 nm thickness with a pallor-staining "halo" surrounded by dystrophic neuritis, reactive astrocytes and activated microglia. There is an increased presence of monocytes and macrophages in the cerebral vessel wall and reactive microglial cells in the adjacent parenchyma.^{8, 9}

In 2012, the Pharmaceutical Research and Manufacturers of America reported that only three out of 104 possible

treatments that have tackled the disease from a number of different approaches have been approved for marketing in the past 13 years.¹⁰ These approaches included slowing down the process of cell death, the inhibition of cholinesterase (an enzyme believed to break down a key neurotransmitter) and the development of humanised monoclonal antibodies that attack the beta-amyloid plaques.

The continual clinical failures lead one to question the aetiology of Alzheimer's disease and the validity of the amyloid hypothesis that has been promoted for more than two decades and has created a roadblock in the search for urgently needed therapeutics. As a consequence, researchers have broadened their approach and are looking at other targets such as tau/NFT phosphorylation, tau protein aggregation-beta-sheet breakers/inhibitors of aggregation, microtubule stabilisation, tau immunotherapy, mitochondrial dysfunction and diabetes.¹¹

Herbal Solutions for Prevention and Treatment

Naturally based alternative therapies are also being investigated as possible sources of cures or prevention. The Chinese herb *Ginkgo biloba*, promoted as a drug that boosts mental dexterity and sharpens the memory, has been found after a number of studies to do nothing to prevent the onset of Alzheimer's disease.¹² And yet a marketed dietary supplement, Memo[®], which combines 750 mg of lyophilised (freeze-dried) royal jelly with standardised extracts of 120 mg *Ginkgo biloba* and 150 mg *Panax ginseng*, when taken by patients with mild cognitive impairment, produced an improvement within four weeks.¹³ Therefore it would seem that complex mixtures of substances may yield better results than singular items.

Plants such as sage, *Ginkgo biloba*, lemon balm, lavender, St John's wort and other ethnobotanicals have been reviewed for their promising contribution in the management of behavioural, psychological and cognitive symptoms in people with dementia.¹⁴ Curcumin (a major component of turmeric) has been investigated for its effects upon macrophages, its anti-inflammatory, anti-oxidant effects, its influence upon the haemoxygenase pathway and its neuroprotective ability.¹⁵

The herb that offers the most promise in dealing with neurological problems, as determined by animal studies, is garlic.¹⁶ The most researched variant of it is aged garlic extract; but as garlic contains a complex mixture of different chemical entities, the make-up of the final solution depends upon the method of preparation.

Aged garlic extract is prepared by soaking sliced raw garlic in 15-20% aqueous ethanol for up to 20 months at room temperature in dark, sealed containers. This extract is then filtered and concentrated under reduced pressure at low temperatures and is marketed in both dry and liquid forms, e.g., Kyolic[®]. The process causes considerable loss of allicin and increases the concentration of other compounds, many of which are sulphur based and water soluble. The major sulphur compound, S-allylcysteine, is used to standardise aged garlic extract. Other constituents include alliin, cycloalliin, S-allyl-L-cysteine, S-methylcysteine, S-ethylcysteine, S-1-propenyl-L-cysteine, S-allylmercaptocysteine, fructosyl arginine and beta-chlorogenin.

It is thought that the numerous constituents of aged garlic extract act in a synergistic manner and exert multiple effects on many biochemical pathways.¹⁷ It is also thought that various chemical constituents in garlic, such as saponins, may contribute to garlic's essential biological activities.¹⁸

The reasoning behind the SLAGE regime is based upon the available scientific and popular literature surrounding the choice of each component, with the realisation that, as Dr Alice Lichtenstein, Director of the Cardiovascular Nutrition Laboratory at Tufts University in Boston, states, "What we have learned over the years is you can't think about individual nutrients in isolation"¹⁹—a comment made in reference to the questionable usefulness of fish oil supplements in the prophylaxis of heart attacks.²⁰

With respect to garlic's beneficial influence upon the neurological system, the bulk of the research has been conducted with aged garlic extract given to genetically engineered senescent mice which are prone to learning and memory problems, brain atrophy and early death, giving an accelerated process of ageing.^{21, 22} The extract significantly improved the animals' survival, learning behaviours and memory ability as well as the immune system²³—which is important, as this, together with cognitive function, declines with age.

The same researchers found that high-dose administration of aged garlic extract normalised noradrenaline, 3,4-dihydroxyphenylacetic acid, homovanillic acid and choline acetyltransferase in the hypothalamus, leading to a significant potentiated lymphocyte proliferation and thus ensuring a more competent immune system. In cell cultures, aged garlic extract has been shown to prolong the survival of cultured neurons and enhance the axonal branching of nerve endings.^{24, 25}

The manner in which garlic achieves these results is complex. A number of theories have been put forward, which include garlic's ability to influence serotonin release in numerous ways, thus leading to an overall improvement in the patient's physiology.²⁶ Another is that garlic when taken in combination with L-arginine, L-lysine, additional S-allylcysteine and an antioxidant, the production of growth hormone is significantly increased, resulting in improved overall health and better mental clarity.²⁷

Garlic has been investigated extensively for health benefits, resulting in more than 1,000 publications over the last

decade alone. It is considered to be one of the best disease-prevention foods. In humans, mid-life risk factors such as high serum total cholesterol, raised LDL (low-density lipoprotein), increased LDL oxidation, increased platelet aggregation, impaired fibrinolysis, hypertension and homocystinaemia are important risk factors for dementia in later years.²⁸ High cholesterol is also associated with elevated beta-amyloid, the hallmark of Alzheimer's disease.²⁹ Aged garlic extract may help prevent cognitive decline by protecting neurons from beta-amyloid neurotoxicity and apoptosis, thereby preventing ischaemia- or reperfusion-related neuronal death and improving learning and memory retention.³⁰

Aged garlic extract scavenges oxidants, increases superoxide dismutase, catalase, glutathione peroxidase and glutathione levels, and inhibits lipid peroxidation and inflammatory prostaglandins.^{31, 32} It also decreases homocysteine, lowers blood pressure and increases microcirculation, which is important in diabetes where microvascular changes increase heart disease and dementia risks.³³ It may well be that garlic contains the necessary substances needed for the brain to repair itself.

Of all of the ginsengs that exist, Siberian ginseng has been reported to have the greatest restorative powers.³⁴ A series of landmark Russian studies in the 1960s determined that Siberian ginseng, when given to healthy adults aged between 19 and 72 years of age, increased their ability to perform physical work and withstand motion sickness; it improved mental alertness and enabled adaptation to excessive heat as well as high altitudes and low-oxygen environments.³⁵ Patients with chronic fatigue syndrome also benefited.³⁶

Siberian ginseng is considered to be an adaptogen possessing anticholesteremic (cholesterol-lowering), antiinflammatory, antioxidant, nervine and immune tonic properties. It contains eleutherosides and triterpenoid saponins. It works best when taken with a combination of trace elements and vitamins, a conclusion drawn in 1973 when 145 geriatric patients were given a ginseng vitamin-mineral cocktail that produced a substantial improvement in mental clarity within one week and considerably sharpened memory within two months.³⁷

Ginger is related to the spice turmeric. Two of ginger's most important antioxidants are curcumin and gingerol, both of which have been shown to inhibit and reverse the deposition of amyloid plaques associated with Alzheimer's disease. Moreover, gingerone, another of ginger's antioxidants, neutralises the powerful oxidant peroxynitrite which has been implicated as an aggravating factor in the disease.³⁸

Garlic, ginseng and ginger have been taken for thousands of years without major side effects. However, garlic can cause transient and mild adverse effects such as nausea, heartburn, flatulence, abdominal discomfort and diarrhoea. High doses, greater than four grams per day, should be avoided in patients receiving anticoagulant therapy as there is an increased risk of bruising and bleeding. Garlic supplements, when taken with pharmaceutical antihypertensive and lipid-lowering drugs, may potentiate the effects of these drugs. The anti-anxiety and mood-elevating properties may influence the doses of antidepressant medications. Patients on oral diabetic medications need to be monitored, as garlic reduces blood sugar levels.

All of this is very-high-powered information. The end result was that over a period of time I combined SLAGE with Siberian ginseng and ginger in a formula called "Triple G". This final liquid extract was to be taken with a B multivitamin preparation and 10 mg of folic acid.

Success Stories with SLAGE and Triple G

Sister Ena's anecdotal record is the first of several that validate the importance of the SLAGE discovery and subsequent Triple G development.

In a letter written by Sister Damien, dated 25 January 2004, the following factual observations were made: Sister Ena commenced the Triple G extract by itself on 16 November 2002 until 22 January 2003 at a dosage of 5 mL daily. Within three weeks she had brightened up, and as the weeks passed she participated with enthusiasm in community prayers and fun discussions at the dinner table. Her memory improved vastly. From February 2003, at the suggestion of Sister Damien, she was given 5 mg folic acid plus a commercial vitamin B complex which I recommended. Sister Ena's condition steadily improved but sadly, as a result of a fall in July 2003, she became a nursing home resident and the regime was ceased. Sister Ena regressed from that point onwards.

Dr P., who liked alternative medicines and was suitably impressed with Sister Ena's results, recommended in December 2002 that an 80-year-old male patient diagnosed with moderate dementia undergo a trial of the Triple G extract together with vitamin B and folic acid. The patient took the Triple G formula at a dosage of 5 mL per day for approximately 11 months, and although his clinical picture did not improve he did not deteriorate further, according to Dr P.'s letter of 10 February 2004.

Two further volunteers "presented" themselves in 2010 and 2014.

The first was a 62-year-old man with short-term memory loss as a result of a stroke that he suffered in 1994 and subsequent craniotomy surgery that he underwent as part of his therapy.

In a letter that Mr B. wrote in December 2010, he claims that the Triple G regime overcame his short-term memory

problems. However, he found that a dose of 5 mL was too much for him and he reduced it by half.

In July 2014, I was approached by the daughter of Mr T., aged 78, in an effort to help resolve his clinically diagnosed dementia. His medical condition was confirmed by the mini-mental state examination (MMSE) which he failed, and various brain scans which indicated atrophy of the brain. Mr T. had previously suffered a stroke.

Mr T.'s increasing lapses of memory had prompted medical intervention. One of these lapses had a tragic consequence: Mr T. had forgotten where he'd left his pet dog. A thorough search by relatives revealed that Mr T. had locked his pet dog in his car. This was during the hot summer of 2013, and the dog perished due to heat exhaustion.

Mr T.'s GP referred him to take part in a double-blind clinical trial conducted by a neurologist at a teaching hospital. The trial involved the medication Aricept® (donepezil), commenced at a dosage of 5 mg per day. Mr T commenced the treatment in November 2013 and voluntarily ceased it in late January 2014 due to its adverse gastrointestinal tract side effects. Mr T. experienced diarrhoea, which he believed caused him to lose 10 kilograms in body weight, but the diarrhoea ceased when he stopped the Aricept.

Mr T.'s daughter, Caroline, contacted me in mid-January 2014 and requested that Mr T. be allowed to test the Triple G regime, as she was very concerned about her father's health. Mr T. at that stage did not know what day of the week it was and could not remember the previous day's events. He was withdrawn and could not hold a conversation of any length. Within six weeks of commencing the Triple G regime, Mr T. started to reverse his declining cognitive condition. Caroline made certain that she visited him at least every second day and that he took the Triple G regime on a daily basis. When he improved, she purchased him a laptop computer as a source of mental stimulation. Mr T. started to attend senior citizens' activities twice a week and tries to be active.

According to Caroline, Mr T. passed his last MMSE and is now considered to be normal. Mr T. still takes the Triple G regime but does not have it every day; he averages four to five doses per week.

Despair and Hope

You would think that armed with these cases it would not be difficult to raise some interest in this discovery, but alas, no, not even armed with my professor friend. The Alzheimer's Association was not interested; nor was its medical director. I found that trying to do research on the discovery for a master's research degree at a university proved to be completely demoralising. Even the international community proved to be a great disappointment.

There is no doubt in my mind that all answers to whatever problem we may have lie out in the open. Perhaps it is our blind arrogance that prevents us from seeing them. One thing is certain: when the gods devised garlic, they did so with a sense of humour. Can you imagine their saying, "This precious herb will treat many diseases with a magic that is both fleeting and obnoxious to its beholder"? What do we call garlic today? "The stinking rose"!

Luckily, my short enrolment at the university yielded some good results. HPLC (high-performance liquid chromatography) of SLAGE was demonstrated to be more complex in nature compared with Kyolic and to possess compounds not seen before, which you would expect from the Sun's influence. The most important questions are: how and why does it work so well?

It appears that even though structural changes are occurring in the brain in individuals afflicted with Alzheimer's, certain individuals recruit extra nerve power to help maintain their ability to think.³⁹ Therefore, the body compensates; it wants to maintain its health and integrity above all things. Perhaps memory does not reside in the brain or specific portions of it, and the brain is nothing more than a biological computer which knows where to access the information that is stored elsewhere, outside of it.

Perhaps the Triple G regime helps to support this process of reorganisation; time will tell.

Since Alzheimer's is a multicomponent system failure and can be thought of as a house with 30 to 40 holes in its roof that are leaking, every measure should be taken to plug as many leaks as possible. At the University of California⁴⁰, such a multiple-systems approach has achieved reversal of cognitive decline in nine out of 10 individuals after six months of commencing the individualised program that used a combination of the following: elimination of all simple carbohydrates, leading to weight loss; elimination of gluten from the diet; increased consumption of fruits and vegetables; yoga and meditation; increased sleep duration with the help of melatonin, vitamin B12 and vitamin D3 supplements; fish oil daily; CoQ10 daily; fasting between meals; and increased exercise. The Triple G regime shows results within *six weeks*, which suggests that it is plugging a significant number of leaking holes.

Where to from here? I shall continue to knock on doors, or perhaps someone will contact me out of the blue. Whoever it might be will probably have the eyesight to recognise that I am already wearing the tie.

About the Author:

West Australian Maurice Czarniak, BSc, BPharm, FPS, is a qualified pharmacist who initially studied medicine for three years before obtaining a science degree in pharmacology and histology, during which time he was inspired by anatomy professor Dr David Allbrook to investigate and understand the phenomenon of regeneration as it occurs in the human body and how it can be influenced by natural means. In 1982, he commenced private research into the science of food in relationship to regeneration and how it applied to skin health and general wellbeing and its ability to overcome disease. From there he ventured forth into the realm of herbs and essential oils in an effort to bring out the very best that Nature has to offer. Coupled with his compounding skills, his creative mind carefully spawned a series of unique formulations that can be seen at his website <http://www.naturalsecrets.com> (also see his article "Food for the Skin" in NEXUS 6/03). He is a novelist, photographer and artist in his spare time, and draws further inspiration from all forms of music. He can be contacted by email at info@naturalsecrets.com.

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The Electric People Phenomenon

Many cases of so-called high-voltage syndrome, in which sufferers seem to cause electrical devices to fail in their presence, feature paranormal aspects such as psychokinesis. Often the common factor is that these people experienced severe electric shock during childhood.

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Magical Thinking or Physiological Anomaly?

I've lost count of the number of emails I've received over the years from people claiming that they exert an odd—and seemingly paranormal— influence on electrical gadgets of all kinds. The men and women from whom I receive these emails vary widely in age, nationality and profession, and the vast majority of them come across as perfectly sane and sincere. Many of the emails read something like this:

Household appliances frequently break down when I use them. Computers continually crash on me. I can't wear a wristwatch without its malfunctioning within a short period of time. Sometimes streetlamps blink out when I walk past them. Generally these experiences occur when I'm feeling stressed, upset or excited. I've noticed, too, that my body picks up a lot of static electricity, resulting in frequent "shocks". I've often wondered if my unusual relationship with all things electrical relates to the fact that I suffered a powerful electric shock as a child.

Such individuals have come to be known as "electric people", or sufferers of "high-voltage syndrome" (HVS). Sometimes, when the condition applies exclusively or primarily to streetlights, the terms "streetlight interference" (SLI) and "SLIder"—a SLIder being someone who experiences SLI frequently—are used in association with such individuals.

As with any phenomenon in the realm of the Fortean, opinions are heavily divided over the reality or otherwise of HVS. Among the explanations cited by sceptics are coincidence, magical thinking and observer bias. While the majority of claims of HVS undoubtedly have a mundane cause, can we say this is true of *all* such claims? In an attempt to provide an answer to this question, let's take a look at several cases of HVS, beginning with that of Mavis Price.

Malfunctioning Electrical Appliances

Described in the *Daily Mail* in 2008 as "the super-charged grandmother whose touch *blows up* kettles", Mrs Price, then aged 60, is a retired community development worker from Telford, Shropshire, UK.¹ Price claims that her body "seems to build up an unusual amount of static [electricity]".² Because of this, she says, electrical appliances and gadgets of all kinds, including kettles, irons, printers, vacuum cleaners and computers, have a tendency to malfunction when she touches or stands near them. She further claims that it's not uncommon for televisions to "crackle" as she walks past them, and that sometimes people who touch her—or merely stand near her—either receive a powerful static shock or experience their hair stand on end.

Price says that she goes through periods during which her destructive influence on electrical equipment is particularly acute. She explains: "I had a really bad day last week where I got up, turned the light on, and managed to blow the fuse. Then I went to the supermarket and broke the checkout.

They had to close the checkout down and said nothing like it had ever happened before. Just when I thought things couldn't get any worse I went to get some photographs printed and managed to completely freeze the whole machine."³

Significantly, Price traces the beginning of her strange relationship with electrical equipment to a childhood incident whereby she suffered a severe electric shock while attempting to plug in a television set.

Can Price's unusual influence on electrical equipment be accounted for in terms of electrostatics alone? When sufficiently insulated, the surface of the human body can easily accumulate up to 25,000 volts of static charge. Conditions that favour the build-up of static on the body include cold, dry weather and the wearing of thick-soled shoes.

One common way to experience an electrostatic discharge, or static shock, is by touching a metal doorhandle after walking across a carpeted room.

Being at the receiving end of a 25,000-volt electrostatic discharge sounds deadly!

It's important to realise, however, that the associated current lies somewhere in the microamp range. This explains why electrostatic discharges produced by the human body, though sometimes painful, are far from dangerous and certainly never lethal; the current would need to be much higher for there to be any kind of danger.

Computer technicians know all too well that even very tiny electrostatic discharges produced by the body can cause irreparable damage to sensitive electronic components; therefore, when fixing computers they make sure to wear antistatic wrist-straps and use other antistatic devices.

By comparison, to destroy an electric kettle (or other robust electrical appliance) by the same means would require a fairly significant electrostatic discharge—one presumably bigger than what the human body can deliver naturally. Perhaps, then, electric people have an abundance of static not because their bodies are picking it up but, rather, because their bodies are generating it *internally*.

Experiments with Electrified Prisoners

Before dismissing this possibility as absurd, I ask the reader to consider one of the most famous cases of HVS in the annals of Fortean research.

On 20 February 1920, 34 convicts at Clinton Prison in Dannemora, New York, USA, came down with botulism poisoning as a result of consuming contaminated canned salmon. This, however, was no typical outbreak of botulism poisoning. For, as detailed in *The Electrical Experimenter* journal, all 34 of the ill convicts developed "peculiar static electric power".⁴

The above quote is from Dr Julius B. Ransom, the chief physician at Clinton Prison at the time, who goes on to state that the odd phenomenon first became apparent when one of the patients crumpled up a piece of paper and tried to throw it into the wastebasket, only to find that the paper "absolutely refused to leave his hand".⁵

From that point on, Dr Ransom and his staff involved the patients in a series of experiments.

In one type of experiment, a patient would rub his hands together and then touch a sheet of paper, causing the paper to become highly charged. Dr Ransom claims that the charged piece of paper, when placed on a wall (or other surface), would remain clinging to the wall "for many hours".⁶ Furthermore, if the charged piece of paper was brought close to a surveyor's compass, the needle of the compass would rotate.



In another type of experiment, a steel tape-measure was suspended from the ceiling. After a patient had rubbed his hands together (presumably in order to charge them), he was able to cause the tape measure to swing back and forth due to the attraction that existed between the apparatus and his hands. Dr Ransom notes that as the patients recovered from the poisoning they slowly lost their electrified properties.

Listed among the symptoms of botulism—an illness most often caused by eating improperly sterilised canned foods containing the botulinum toxin—is dry skin. This, in combination with the fact that static electricity favours dry conditions, might explain the "electrified" nature of the patients at Clinton Prison.

Remember, too, that the incident took place during the winter month of February, the cold weather helping to encourage static build-up.

Have we therefore solved the mystery? Not necessarily. One particular aspect of the case is extremely difficult to explain. Dr Ransom notes that the patients were able to perform the same amazing feats when in a tub of water as when completely dry and fully clothed. Had this been a mundane case of static build-up on the body, being placed in water would have rendered the patients static free. That it didn't render them static free indicates that the electricity was being generated internally.

Assuming that the case is genuine and not an elaborate hoax, it's reasonable to posit that botulism can, in some rare instances, induce HVS—or if not HVS *per se*, then one of the symptoms of HVS: the internal generation by the body of large amounts of static electricity. At the very least, it indicates a close connection between HVS and illness.

Transmitted Electric Shocks and Magnetic Abilities

This connection is exemplified in the case of Caroline Clare of London, Ontario, Canada, as reported in 1879. Apparently, at the age of 17, Caroline developed a strange illness that eluded medical diagnosis. Her appetite waned and she rapidly lost weight. Her health eventually declined to the point where she ended up confined to bed.

Before long, she began to slip in and out of mediumistic trances, during which she'd "discourse eloquently and give vivid descriptions of far-off scenes".⁷

Caroline's condition began to improve as soon as the trances ceased, and before long she was healthy and energetic again. Yet something about her body had changed. The article describes her as "a perfect battery" and says that she was "constantly giving off electrical discharges".⁸

If anyone shook her hand or placed their hand in a pail of water with hers, they received a powerful shock. She was even able to send a sharp shock through 15 to 20 people who were joined holding hands.

Apparently, too, any object she touched remained statically charged for a very long time; anyone who then touched the charged objects would receive a painful shock.

As for Caroline's magnetic abilities, it is said that metal objects were powerfully attracted to her body but that wooden spoons and other nonmetal objects showed no such attraction. Knives would jump straight into her hand whenever she attempted to pick them up. She could also suspend needles from the tips of her fingers.

How long Caroline's abilities lasted, assuming they gradually weakened before disappearing altogether, remains unknown.

There are a number of striking similarities between the case of Caroline Clare and that which took place at Clinton Prison. In both, objects handled by the electric person acquired an extremely powerful and long-lasting static charge, to the point of clinging to walls, hands and so forth for very long periods of time. Static cling of such potency and duration is unusual, if not unheard of.

Also unusual is the attraction of metals. Metals, being excellent conductors, are unable to hold a static charge; only insulators—for example, paper and plastic—can hold a static charge. (Metal objects can hold a static charge only when completely insulated from their surroundings.) Why, then, were metal objects attracted to Caroline's body but non-metal objects were not?

To sum up, although certain aspects of HVS strongly suggest the involvement of electrostatics, other aspects are not so easy to accommodate within the realm of conventional physics. For this reason, it's been suggested that psychokinesis (PK) might well play a role in high-voltage syndrome.

Static Electricity and Psychokinesis

One case of HVS that brings into focus the possibility of PK is that of Jacqueline Priestman, from Stockport, Manchester, UK.

In an article published in 1985, Jacqueline is described as "the housewife who jinxed every electrical gadget she laid her hands on".⁹

The manner by which Jacqueline became an electric person is most curious. At the age of 22, while pregnant with her second child and caring for her daughter of 18 months, she and her first husband, Ron, had a huge argument.

This prompted Ron to take off on his scooter. Just as he was leaving, Jacqueline screamed at Ron that she "hoped he broke his neck".¹⁰

Later that day, Jacqueline's "wish" came true: Ron suffered a serious motorcycle accident in which he fractured his spine and neck. Before passing away in hospital a month after the accident, he joked to the guilt-ridden Jacqueline that if he died he'd come back to haunt her.

Shortly after Ron's death, Jacqueline was taking a bath when the light bulb above her exploded, showering her with broken glass and causing her to cut her arm. She attributed the incident to a faulty bulb and thought no more of it.

Later, another light bulb exploded at the moment she happened to be walking past the cupboard where Ron kept his motorcycle leathers.

Around this time, vacuum cleaners, record players, electric kettles, electric irons, washing machines, dryers and other appliances and gadgets in the home kept breaking down altogether or would start "going funny" for no apparent reason.¹¹

The radio would switch stations even though no one had touched it, and the television "would change channels or develop double images without warning".¹² Jacqueline was spooked by the electrical disturbances and became convinced that Ron's ghost had indeed come back to haunt her.

One of the strangest incidents that Jacqueline experienced occurred on the night that her two daughters were christened. Jacqueline chose to have both daughters christened on the same day.

She was anxious about the occasion, however, because Ron had not been a churchgoer and she knew that he would not have approved of the christening. That night, she says, two cut-glass goblets, each of which bore the name of one of her daughters, suddenly and inexplicably shattered while sitting on a window ledge.

By the time Jacqueline had married her second husband, Paul, an electrical fitter, the electrical disturbances were still taking place. In addition to getting "[static] electric shocks constantly", Jacqueline experienced frequent headaches, passed out often and suffered both bloating and constipation.¹³ Eventually she underwent a nervous breakdown and wanted to commit suicide.

Drawing on his knowledge as an electrical fitter, Paul concluded that Jacqueline was solely yet unintentionally responsible for the disturbances and that the problem stemmed from a high accumulation of static electricity on her body. He noticed, too, that the problem became particularly severe when she was having her period or feeling stressed or upset.

Apparently, Jacqueline's condition was more or less cured when, as per Paul's advice, she began to eat more fresh fruit and vegetables as well as plenty of poached onions.

Paul was correct to identify static electricity as having played a role in the disturbances. Yet clearly it's not the whole answer. In particular, it's difficult to explain how static electricity was responsible for causing the two light bulbs to explode. There is simply no way to explain how a statically charged person can make a light bulb explode, especially without touching it. Plus, the first of the two incidents occurred while Jacqueline was taking a bath; meaning that she could not have been statically charged.

And what about the shattered glass goblets? If we accept that at the time of the incident Jacqueline was still plagued by guilt over Ron's death, then it's reasonable to assume that attending the christening amplified her guilt and that she herself caused the goblets to shatter by means of PK, albeit subconsciously.

While were on this line of thought, it's important to acknowledge Paul's observation that the electrical disturbances became worse when Jacqueline was having her period or feeling stressed or upset. And let's not forget that what triggered the disturbances to begin with—that is to say, turned Jacqueline into an electric person—was the emotional impact of Ron's death.

If we are to consider PK—the supposed ability to influence objects by mental effort alone—as a serious possibility in the Priestman case, we need to make a distinction between conscious, or controlled, PK and recurrent spontaneous psychokinesis (RSPK). The former is self-explanatory. The latter, a term coined by the late William Roll, is used primarily in connection with poltergeist disturbances and refers to the subconscious use of PK ability.

As opposed to supporting the theory that poltergeist disturbances are caused by spirits, most experts view the disturbances in terms of RSPK. That is to say, they believe that the subconscious mind of the poltergeist agent—the person around whom the disturbances occur—is responsible.

As we've seen in the case of Priestman (and others), it appears to be a rule among electric people that they have no control over their "abilities", the disturbances occurring at unexpected moments in response to their mood or state of consciousness. Clearly, then, it would be more accurate to classify the disturbances as instances of RSPK

than of PK.

The closer one studies both poltergeist hauntings and cases of HVS, the more it becomes apparent that the two phenomena are closely related.

Poltergeist Activity

Whereas no specific pattern has been identified with respect to age, gender and psychological make-up in the case of electric people, it's well known that poltergeist agents tend to be repressed and troubled young women undergoing puberty. In a poltergeist case that occurred in the mining town of Sosnowiec in southern Poland, beginning on the night of 4 April 1983, the agent was a 13-year-old girl. Named Joasia Gajewski¹⁴, she lived in a cramped apartment with her mother and father.

As is typical of "poltergeists", this one was extremely rambunctious and destructive. It rattled windows, shook furniture and threw items such as plates and glassware in all directions. Some of the items smashed hard against the walls. At the time, Joasia was hardly in the most stable psychological state: in addition to undergoing puberty, she was traumatised by the recent death of her grandmother, to whom she'd been close.

It's significant to note that Joasia became ill, with symptoms consisting of headache and fever, around the same time that the poltergeist phenomenon erupted.

Interestingly, friends and family members observed that her body became highly charged with static electricity in the weeks prior to 4 April. They even described her as "crackling" with sounds similar to those produced by fingers snapping. Later, after coming to the attention of Polish scientists, including a physician by the name of Dr Eustachiusz Gadula, Joasia underwent a series of intensive medical and psychological tests.

The tests revealed a number of peculiarities with respect to the teenager's health, including that her body was indeed highly charged with static electricity. It is said that her body remained highly charged even when grounded. Also, thermographic studies showed that Joasia exhibited unusually wide and rapid changes in her overall body temperature and, further, that she possessed unusual thermal spots (warm areas) around her head, toes and fingers and slightly above her solar plexus.

While studying Joasia, Dr Gadula and his team witnessed a number of remarkable incidents of apparent PK and RSPK. On one occasion, they watched in amazement as the armchair on which Joasia sat crosslegged (meaning that her feet weren't touching the ground) began moving around. The chair continued to move even after Joasia had removed herself from it. At one point it lifted off the ground and rotated rapidly. An attempt by three men to hold down the chair proved futile; the chair overpowered them.

Apparently Joasia was able to bend metal cutlery using psychokinesis, in a similar manner to that of the famous Israeli-born psychic Uri Geller. Although the researchers saw her bend numerous pieces of cutlery, they failed to capture the phenomenon on film; Joasia was unable to perform when the camera was rolling. Assuming that the phenomenon was genuine and not a trick, this supports the theory that the powerful "energies" at work in poltergeist cases can be harnessed to some extent by the agent and directed towards more constructive tasks than the senseless trashing of homes.

Allegedly, the poltergeist disturbances that surrounded Joasia, along with her metal-bending abilities, persisted until she was at least 20, making this one of the longest-running poltergeist cases in history.

A Real or Imagined Phenomenon?

So have we managed to get to the bottom of the electric people mystery? When it comes to assessing the claims of electric people, including those discussed in this article, there are really only two possibilities to consider: either HVS is a real phenomenon, or it's a product of the collective imagination and hence has no basis in reality. Lending support to the former is the presence of certain physiological characteristics in connection with HVS. Its association with illness is hard to ignore.

Also, as we've seen, many alleged HVS sufferers trace the origin of their condition to either a powerful electric shock or an intense psychological shock. The human body, of course, is largely electrical in nature. Could it be that such "shocks" somehow disrupt the electrical functioning of the body and in turn give rise to high-voltage syndrome?

About the Author:

Louis Proud is a writer and researcher specialising in anomalous, or Fortean, phenomena. His articles have appeared in *New Dawn*, *Paranormal* and *Fate* magazines, and he has been interviewed on such programs as Veritas Radio, Paranormal Realms and Whitley Strieber's Dreamland. He is the author of *Dark Intrusions* (Anomalist Books, 2009; reviewed in NEXUS 17/03), *The Secret Influence of the Moon* (Destiny Books, 2013) and *Strange Electromagnetic Dimensions* (New Page Books, 2015; reviewed in 22/02).

His article titled "Lightning's Destructive and Transformative Power" was published in NEXUS 17/02. Louis Proud lives in Burnie, Tasmania, Australia. His blog is at <http://www.louisproud.net>.

Editor's Note:

This article features material from Louis Proud's book *Strange Electromagnetic Dimensions: The Science of the Unexplainable*. If you've experienced any of the phenomena discussed in this article, feel free to email the author at louisproud@gmail.com.

Endnotes

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EINSTEIN WAS WRONG From the Hidden Side of Physics

by Roger J. Anderton and David de Hilster © 2015

In this year 2015 we now celebrate 100 years of general relativity, but the old issues still remain about Einstein's relativity, despite whatever new hype its supporters might generate, where Einstein has been propped up as a false signpost, sending the whole world down a nonsensical line of thinking for all those years.

In 1905, Dr Albert Einstein had his miracle year supposedly revolutionising modern physics, leading him to general relativity which made him world famous in 1919.

Below are two views on why Einstein was wrong. The first is by David de Hilster, director of the documentary film *Einstein Wrong - The Miracle Year*; and the second is by Roger Anderton, who recently appeared in the program *Did Bosovich Discover A Unified Field Theory?* on Richplanet TV. Both contend that modern physics has gone drastically wrong and that there is now a "hidden physics with a hidden history". - R. J. A.

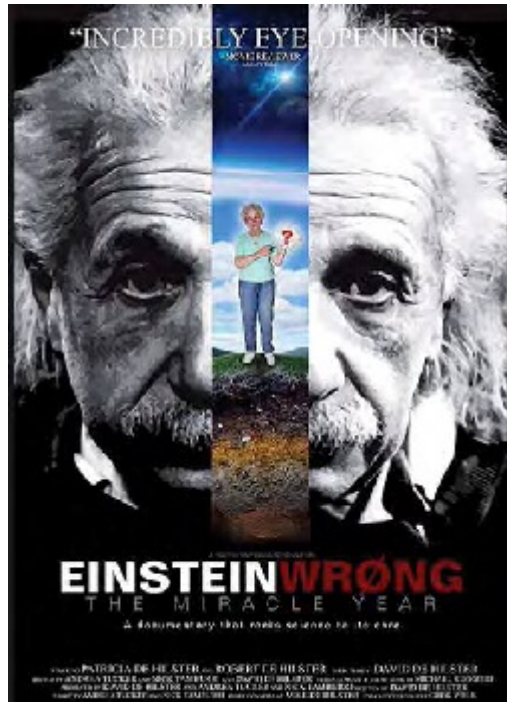
Part 1: by David de Hilster

Back in 1992, I met a physicist, Dr Ricardo Carezani of Argentina, who claimed to have shown Einstein's special theory of relativity to be wrong, corrected the problem, and wanted my help to get this information out to the wider world.

In the ensuing years, I have found out more about the dysfunctional state of modern physics and cosmology, where the physics establishment enforces a dogma based on politics and its own emotional needs.

In 1996, I met up for the first time with a group of dissident scientists, led by Dr John Chappell, who started meeting annually and were also trying to confront the problems in modern science.

I decided there were enough scientists for me to attempt to make a documentary about the subject— based on my mother's meeting these scientists in the context of daily life, in the hope that audiences wouldn't feel so intimidated by the subject of the film in such a style. This took over eight years to complete.



Poster from David de Hilster's documentary film, Einstein Wrong - The Miracle Year.

The film was very well received by the first general audience that I presented it to, thus I believed that I had succeeded in making a film for the masses. However, I met with disappointment when I presented my documentary to film festivals. The problem as I see it is that documentarians and film-lovers consider themselves above the intelligence level of most of the general public and feel that if Einstein were wrong, they would already have known about it through the media.

As dealt with by Roger below, the media block most of the information about Einstein's being wrong. Thus, in their state of ignorance, they reject such a documentary and do not give it a fair hearing.

Based on my experiences, I conclude that in school there are nerds who are bullied, such as portrayed on the Disney Channel where a nerd is always being picked on. These nerds who become socially ostracised often decide to try to become smarter than everyone else and enter science; they then engage in a bullying system there of "top" nerd kicking ass downwards. Thus, my documentary *Einstein Wrong - The Miracle Year* became another victim of this system.

**Part 2: by Roger J. Anderton
False Front of Physics and History**

I've had a long interest in physics and mathematics, and, like David de Hilster, I've noticed the "lie" with Einstein. After long, hard study of modern physics inspired by Einstein and obtaining a degree from the Open University, I was shocked to find that I had been lied to about both the physics and the history of the subject. I found there was a unified field theory in the 18th century, when modern physics usually claims there wasn't such a theory. (See NEXUS 8/05.¹)

Einstein's relativity is supposed to be highly mathematical, and I felt that I needed to learn more maths before studying the subject, so I did the maths and went through the physics education system. I then looked back on what I had been taught by studying the relativity writings of Einstein and was horrified to find them to be nonsense. Worse, I found that there were clever people who had already worked out long ago that Einstein was talking nonsense but were being ignored. (I found them through the social group that David refers to.) Einstein in the popular imagination is a supergenius, and it just does not go down well with the public to have their hero represented as anything else.

So, the physics establishment holds up this false front of Einstein the genius. To maintain this false front, it even constructs a false history, ignoring actual history as much as it can. I now recognise what a genius Tesla was, but he wasn't working from physics as it is now taught to students but was working from an earlier physics uncorrupted by Einstein.

History of Relativity after Einstein

Einstein is usually portrayed as discovering special and general relativity and replacing Galileo's relativity. Between Galileo and Einstein there were others involved in relativity, but the tendency is to ignore this, except for a few like Lorentz and Poincare.

Dr Robert Oppenheimer, the so-called "father of the atomic bomb"², said this of Einstein: "His early papers are paralyzingly beautiful but they are thoroughly corrupt with errors..."³ This suggests that he had a low opinion of Einstein's intellectual powers. Many others have had a low opinion of Einstein, but they've often found that this damaged their reputations when they encountered people who hero-worshipped Einstein.

Oppenheimer became mysterious when he went on to say: "[T]his has delayed publication of his collected works for almost ten years. A man whose errors can take that long to correct is quite a man." What those errors are supposed to be is a mystery, and Einstein's collected works were not published in the 10 years that Oppenheimer expected.⁴

The scientist who coined the terms "black hole" and "wormhole" was Dr John Wheeler⁵, and he is deemed to have resurrected Einstein's relativity⁶ in what has been called "the Renaissance of General Relativity"⁷, which appears to have been a rewrite of Einstein's relativity to sort out those mistakes. Dr Hans Ohanian, in his book *Einstein's Mistakes*⁸, points out some of those errors but he does not go far enough. With this Wheeler School of Relativity, it is all very confusing and it is not clear what has been changed and why.

According to Dr C. Y. Lo⁹, the Wheeler School of Relativity has got many things wrong: "...the dominant misinterpretations of the Wheeler School are due to inadequacy in mathematics and physics. In particular, their distortions of Einstein's equivalence principle maintain initial errors and create their own errors. Moreover, the errors on dynamic solutions have far reaching consequences to other areas of physics." Thus we have an additional mess made with relativity from the Wheeler School, not just from Einstein.

Yet there has been a long history of dissent against Einstein's relativity, as recorded by The G. O. Mueller Research Project.¹⁰

Every now and then, the establishment makes a mistake in trying to keep these things hidden. One example of this seems to be Dr Rupert Sheldrake's banned TEDx lecture of January 2013.¹¹ Dr Sheldrake is a biologist with maverick ideas, but the establishment seems to tolerate him among them and appears to have told him something in confidence that it didn't want widely known and then reacted by trying to ban the lecture he gave when he revealed this. In his banned talk (really only partially banned; the suppressors of truth were not able to ban it completely), he says many interesting things.

One revelation is from what the head of metrology at the National Physical Laboratory in Teddington, England, admitted: that they were unable to measure the speed of light as a constant, so they fixed the speed of light as a constant by definition in 1972. Further, the metrologist admitted that if the speed of light is not a constant, they would now never know because the distance unit of the metre has been defined in terms of the speed of light. The simplest context of light speed (in a vacuum) is of course in the special relativity scenario, and it means that they were never able to measure the speed of light as a constant in order to confirm special relativity. What the head of metrology described as an "embarrassment" is the sort of thing omitted from physics texts taught to students.

So, the theory that the speed of light (in a vacuum) is a constant was not checked by experiment and was never proved to be true.

Further insights come from a report on a maverick physicist, Associate Professor Reg Cahill¹²:

"He is well aware that his activities will not make him popular with the Establishment of physics—indeed, he believes that other experiments that have produced data that conflicts with Einstein's theories have been deliberately ignored or, in some cases, suppressed. Einstein's invention of space-time merged the geometrical models of space and time, and was predicated on famous 19th century experiments by Michelson and Morley that purported to show that the speed of light was constant in any direction. When a very small effect was recorded as opposed to the large one anticipated, the two physicists decided that the effect could be discounted as an artefact of the experiment. They declared the result to be null, and the constant speed of light became part of the theoretical basis for Einstein's theories of special relativity and general relativity."

Cahill explains that the physicists were wrong: "They threw the baby out with the bathwater... The effect was real: the speed of light is different in different directions."

The theory where the speed of light is defined as a constant is a different theory to one where the speed of light is discovered as a constant, independent of definition. The former theory fails to be a proper theory because it is untestable. Suddenly, physics takes on the attributes of a faith-based religion by the way that it deals with Einstein's mess.¹³

History of Relativity before Einstein

Of course, relativity was around before Einstein and we can go back to Galileo, who considered the principle.¹⁴ A great deal happened in relativity in the time between Galileo and Einstein, and most of it is missed out. In the 18th century, much physics was written in Latin; since then it has been mostly ignored. For instance, the priest-scientist Father Boscovich was dealing with relativity.¹⁵ The quantum theory part of his theory has been dealt with by Serbian chemist Dr Eng. Dragoslav Stoiljkovich in his book *Roger Boscovich: The Founder of Modern Science*.¹⁶

Even according to the Wheeler School of Relativity, Boscovich's theory is a unified field theory.¹⁷ However, the school is ignoring it because it is an 18th-century unified field theory and it was looking for something more modern, based on believing Einstein. However, as far as I'm concerned, Einstein made many mistakes; undo those mistakes and we're back to Boscovich's theory.

Mathematics of General Relativity

There are too many problems with Einstein's relativity, and much of the mathematics does not make sense. Professor Roger Rydin has spent a long time checking Einstein's maths in general relativity, and he says that after correcting for the errors it still comes out as nonsense; thus, anyone who thinks it fits with any experiment is deluded.¹⁸ Stephen Crothers also gives very insightful talks on this.¹⁹

Conclusions

We have been really profoundly messed up by Einstein. There are many mistakes in Einstein's works. It is no longer really clear what Einstein's relativity is supposed to be any more, and we dissidents have asked the Einstein believers to clarify this. See our communique, "An Open Letter to the Physics Community: The Twin Paradox".²⁰

Einstein's portrayal as a hero has made it difficult for anyone to correct the mistakes in his relativity theories. Those who do try to correct these mistakes risk being smeared by his hero-worshippers.

The establishment has been persecuting many dissidents, making them modern-day Galileos. In Galileo's day, the establishment responded by threatening him, but that failed as an adequate method. Today, the establishment has become more skilled at suppressing dissent. Its method is to reward you with prizes (e.g., the Nobel) and research funding if you don't dissent.

This is a carrot-and-stick approach. The establishment found that making the carrot bigger (with the threat of removing the carrot) is better at controlling dissent than making the stick bigger.

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Reference

- The John Chappell Natural Philosophy Society website provides open discussion and is where many dissident scientists meet up; visit <http://www.naturalphilosophy.org>

Editor's Note:

Due to space constraints we are unable to include the endnotes accompanying this article. To see these, visit <http://www.einsteinconspiracy.co.uk>.

Towards a Moon Base

Has Anything Been Learned From Apollo?

Despite its claimed achievements with the Apollo lunar program, NASA is now developing from scratch the technology and systems to enable safe travel to the Moon and back, let alone establish a Moon base. Perhaps it should seek to join an international lunar project.

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Despite the announcement in 2010 that NASA's Constellation Program (CxP) was cancelled, work on the technology for travelling beyond low Earth orbit (LEO) has continued without interruption (NEXUS, 2014). However, one substantial aspect of the program is now absent: the idea of developing a lunar outpost. Initially this idea was discussed in detail (Arch. Study, 2005, p. 75) but is now missing from NASA's current plans.

A Moon base has been an exciting objective for over 20 years, even before the CxP (Lunar Base, 1999), and the program seemed to be achievable within a viable time frame. Yet after five years of project research and design, some essential elements of the lunar visitation program have disappeared from the latest plans. NASA is now slowly and carefully working on a number of problems which should have been fully resolved years ago if the Moon landings really did happen. Some progress was achieved over the last decade, but the impact is minuscule compared to the vast program of works allegedly completed over 40 years ago.

Testing the Return Capsule

A recent major event, of course, was the 5 December 2014 test flight of the Orion capsule, intended to deliver crews to space destinations beyond LEO and, most importantly, provide a safe return to Earth. Orion reached an altitude of 5,800 kilometres (km) and then returned to Earth at the re-entry speed of 8.9 km per second with its heat shield temperature reaching 2,200°C (Orion Blog, 2014, 5 December). Splashdown of the capsule in the vicinity of the waiting USS *Anchorage* and USNS *Salvor* went as planned.

The test was completed, but what was special about it? Ceramic tiles similar to those used on the Space Shuttle were deployed on the walls of Orion—a new element compared to the construction of the Apollo Command Module (CM). How critical is this innovation? If it is necessary, then how did the Apollo CM manage to withstand the heat of the plasma blanket which enveloped it during re-entry through the Earth's atmosphere without such tiling?

A crucial element of the capsule's return process, i.e., skip entry, is still to be investigated experimentally following thorough theoretical research during the CxP (Bairstow, 2006; NASA Johnson, 2011). The majority of task statements have revolved around a new skip-entry plan to achieve an accurate landing near the US Pacific Coast (Arch. Study, 2005, p. 263; Kaya, 2008, p. 65). This approach, which in essence is an extra convenience when returning from beyond LEO, is now represented as an actual objective of the latest R&D efforts—as if all other problems have been resolved. However, this is just the icing on a cake which is still to be baked.

The key problem which remains is the safe return of the crew. During the CxP, it was recognised that "...the difference between a direct entry for ISS [International Space Station] return and a skip entry flight for lunar return was the amount of lofting that occurs during the entry. The Apollo program used a direct entry approach for returning crew from the moon. A skip entry flight has never been flown in a manned space flight program." (NASA Johnson, 2011, p. 5). Typical Apollo mission re-entry can be interpreted as a "double dip entry" (Kaya, 2008, p. 26), which is fundamentally different from skip entry.

The total time for the Apollo CM to slow down before opening its drogues was claimed to be around eight minutes, which is extremely short. Conversely, skip entry allows a break of 40 to 120 minutes before the second phase of deceleration (Kaya, 2008, p. 54), so this is a completely different scenario relative to both heat dissipation and gravitational loading on the crew. "After the skip, the vehicle spends most of its trajectory out of the atmosphere. As far as the heating constraints, this is very helpful for cooling down the vehicle out of the atmosphere and beginning a second entry with less energy." (Kaya, 2008, p. 57)

Further, as one can see from the Apollo 8, 10 and 11 mission reports, the Apollo CM performed landings within a relatively short range—not more than 3,000 km from the atmospheric entry interface location to the splashdown area. This was combined with optimistically modest peak deceleration loads, it was claimed. "Atmospheric entry interface" means a level above the Earth's surface at an altitude of approximately 120 km.

The Apollo deceleration values were claimed to be around 6.5 g¹ with a maximum of 6.84 g for the Apollo 8 CM in combination with the shortest landing flight range of approximately 2,200 km before drogue deployment, compared to other Apollo CM landings. However, the claimed results contradict the combined conditions of modern estimates for Apollo-like scenarios, during which the deceleration overload at a non-skip entry can easily reach from 9 g up to 15 g (Kaya, 2008, pp. 4-6; NASA Johnson, 2011, p. 29).

Let's compare the extreme conditions of a direct Apollo re-entry with conditions of a typical Space Shuttle where entry steering commands "control the entry trajectory from initial penetration of the Earth's atmosphere (altitude of 122 km and range of approximately 7600 km from runway) until activation of the terminal area guidance"² (Kaya, 2008, p. 12). The Space Shuttle used to return from LEO with an initial speed of 7.8 km/sec maximum.

A typical Apollo CM should have returned from beyond LEO with an entry speed of 11.2 km/sec, and the distance to drogue deployment was not more than 3,000 km. This should be compared with the newly introduced plan for a skip-landing flight up to 8,900 km. In addition, the target accuracy of entry is now set to be around 10 km (Prelim. Report, 2011, p. 18). The typical deviations claimed for the Apollo CM splashdowns were around three kilometres.

To sum up, a safe lunar return is reliant on the tight combination of strict parameters: entry speed, angle of entry into the atmosphere, and flight range (including the route profile) to drogue deployment. This combination in turn defines an outcome combination: the maximum temperature of a return capsule and the maximum deceleration load on the onboard crew.

The key point here is that the typical claimed Apollo combination of the input parameters is beyond all practicality and is not in any way considered now as a benchmark set of requirements for future space missions.

The recent set of parameters for the Orion test in December 2014 led to a deceleration value up to 8.2 g at an interim re-entry speed (not even a full escape-velocity value) of 8.9 km/sec, so the actual parameters required for Apollo-type lunar returns have not been tried yet.

It looks as if NASA specialists are cautiously trying out techniques in conditions which are barely approaching the severity of those which were supposedly overcome by all the Apollo CMs.



The Soviets signalled their skip-entry capabilities by the end of 1969 with a postage stamp sheet featuring two Zond missions.

Skip entry is now recognised as a compulsory requirement for safe returns from lunar trajectory in the current configuration and scenario. It is crucial for saving the integrity of the CM capsule, and for health reasons, if not the very survival of the crew. Therefore, there is nothing really to learn from Apollo CM re-entry stories except that we shouldn't undertake missions in this way—otherwise the re-entry will, in all probability, end up as a fatal disaster.

Another significant point of note is related to traversing the lower Van Allen radiation belt. *The cameras onboard Orion were turned off in order to protect them from radiation* (Orion Blog, 2014, 5 December). Again, what about the Apollo CM with the onboard crew when the Apollo spacecraft were passing through the same area on their voyages to and from the Moon? This new assessment of possible damaging radiation effects is occurring without any reliance upon, or even reference to, those previous Apollo experiences.

Apollo Management and Scheduling

As a meaningful test for assessing the capability of travelling beyond LEO, where does this Orion flight fit into the overall sequence of events leading to a successful lunar mission?

To understand this better, we need to examine the actual sequence of major technical steps completed before the Apollo landings. It is worthwhile noting that, in September 1963, an interim report presented at a management meeting at NASA's headquarters exposed very serious problems with the Apollo program—including those concerning combustion instability in the F-1 engine. The development team reported that, first, a "lunar landing cannot likely be attained within the decade with acceptable risk" and, second, "the first attempt to land men on the moon would probably take place in late 1971" (Apollo, 1989, p. 153). In response, managers simply suggested coming up with a better statement.

It is common knowledge that by mid-1967, every major element of the Apollo program was still to be tested. The first ever trial of the Saturn V rocket took place on 7 November 1967, but other key elements such as a lunar module (LM) were still in development. By the end of 1967, the overall outline of milestones for a successful lunar mission was seen as follows (Apollo, 1989, p. 316):

A: Apollo 4 and Apollo 6 unmanned missions;

B: unmanned testing of LM in LEO on board Apollo 5; **C:** Apollo 7, the first manned mission scheduled for LEO in autumn 1968;

D: the first manned mission using both CM and LM still in LEO;

E: CM and LM in a high Earth orbit, up to 7,400 km above the Earth's surface;

F: the first trip to the Moon; lunar orbiting but no landing; exercise LM;

G: the first lunar landing of a crew.

It was recognised at the time that "[e]ach mission had its own reason for existence. None could safely be skipped." (Apollo, 1989, p. 316) If we set the Apollo 11 accomplishment as a target for the whole list of these steps, then they can be placed in chronological order as shown in table 1 above.

This schedule, heavily weighted with radical tasks, was soon made even heavier. Now we know that even completing step A was problematic due to the unsatisfactory outcome of Apollo 6 in April 1968: namely, serious pogo oscillations in the first stage, failures of two J-2 engines out of five in the second stage, and failure of the J-2 engine in the third stage to reignite.

Despite all this, just a few months later in August, the program's top management quietly and unexpectedly proposed "to fly to the moon on only the second manned Apollo spacecraft, the first manned Saturn V, and the first Saturn V to fly after the failure-ridden Apollo 6" (Apollo, 1989, p. 317). This new mission was purely an administrative decision to fly, despite all evident technical problems.

A test flight without the LM could be seen as an expected outcome in the absence of this item, which was not due to be flight ready until early 1969. Yet the plan to send a crew on a fly-by around the Moon and back without first having tested the return capsule on the full range of re-entry conditions was the highest risk imaginable for the astronauts.

This extraordinarily "brave" decision to fly straight to the Moon was taken by a group of top managers in the absence of NASA Administrator James Webb, who was attending a United Nations conference in Vienna, Austria, on 14-27 August on the peaceful use of outer space. Webb's reaction to their decision was unambiguous: total disbelief. A man of integrity who led NASA to fulfilment of the lunar program without compromise, Webb did not consider that circumlunar flight was achievable at that stage. As a result, on 16 September President Johnson suggested that he resign immediately and on 7 October Webb left NASA.

The agency gave a press conference in late August 1968, revealing that Apollo 8 was going to be a "flexible mission" so that the spacecraft could achieve high Earth orbit, i.e., factually it was planned as the E-step mission (see table 1) "with an apogee several thousand miles out" (Apollo, 1989, p. 323).

The Orion development and testing saga has revealed one of the crucial technical elements which was missing in the "brave" plan of that circumlunar flight of 1968: step E, which would test a CM during a high-speed re-entry.

This element—the success of which was vital for any lunar mission—was omitted as if it wasn't significant. A suborbital flight of a test capsule in 1966 in interim conditions (AS-202, 1967) was a good step in the right direction, but certainly insufficient for taking that 1968 decision to fly by the Moon.

It still remains to be fully explained what actually motivated the Apollo project managers to take such extreme risks with the astronauts' lives.

The explanation for this irrational decision was apparently political: "One purpose (though not publicly emphasized) of going circumlunar so quickly was to beat the Soviets to the punch" (Apollo, 1989, p. 322).

Soviet Launches and NASA's Responses

So what exactly had been happening with the Soviets' lunar plans and, at the time, what was making NASA managers so nervous?

By mid-1968, the Soviets had already successfully sent Zond 4 to fly by the Moon with a return to Earth (although the landing phase wasn't successful) and were preparing to launch Zond 5 (Zonds, 1968). Under pressure not to lose again to the Soviets, who according to intelligence reports were preparing to fly by the Moon, the US space agency apparently embarked on a disastrously dangerous route involving further shortcuts.

In September 1968, Zond 5 returned to Earth from a successful lunar fly-by with small animals on board which had returned alive, for the first time in the history of space exploration.

This mission's important achievements, overshadowed by the Apollo glory, remain underestimated. In fact, the success of Zond 5 indicated that the Soviets had developed a technology of safe return at a speed equal to the escape velocity.

So it appears that NASA was afraid that the Soviets were imminently capable of sending a man on a lunar flyby and saw this as a real threat. In a desperate response to this threat, NASA claimed the declared "fixing" of the Apollo 6 problems as proof that the Saturn V launcher was flight ready for a lunar mission (NEXUS, 2014).

In November 1968, with reference to the successful LEO flight in October 1968 of the Saturn 1B rocket (technically a much simpler, if not an entirely different, rocket from the Saturn V with its problematic F-1 engines), NASA announced that Apollo 8 would now be upgraded to a lunar orbital mission.

In practice, this was a desperate, technically unsubstantiated, move; and, as a result, serious gaps opened up in NASA's spaceflight capabilities. As we will now see, these gaps haven't been closed to this day.

When a modern researcher admits that "[i]n place of a total skip entry, Apollo used a double dip entry", he still interprets the Zonds' feats with emphasis on returning to a certain location rather than on the very fact that the technique brings safe returns in principle:

"The Soviet Union also used skip trajectories to return Zond robotic vehicles to a Russian landing site." (Kaya, 2008, pp. 26-27)

Given the complexity of the re-entry task as explained above, NASA's announcement to send a crew to fly by the Moon in 1968—without developing proper equipment and/or a technique for returning the crew safely to Earth—meant only one thing: it was merely a political declaration.

One should conclude beyond any doubt that, technically, crews have never been sent yet to the Moon for flying by or for landing. Humanity has still been dealing with a science fiction story about Apollo accomplishments represented as truth. How this bright historical show-story was staged and has been supported for so long is beyond the scope of this article.

The next step in CM unmanned re-entry trials is planned for 2018 as a full-range return after fly-by, with provision for a manned repeat (similar to Apollo 8 in 1968) pencilled in for 2021 (GAO, 2015, pp. 8-9).

A Lunar Lander is Missing

While the design and technical specifications for a craft which could land and then take off from the lunar surface with subsequent rendezvous with the orbiting CM were considered at the outset of the CxP in great detail (Arch. Study, 2005, p. 158), any such ideas have now disappeared from NASA's plans. To be more accurate, no request regarding a lunar lander concept was included in the NASA Authorization Act of 2010, leaving the instrumental package for a successful Moon landing incomplete. So, if we imagine that the current plans for the Space Launch System (SLS)³ and Orion capsule were to be fulfilled as currently scheduled, say by 2021, there remains no indication that NASA will be capable of landing astronauts on the Moon any time soon—especially as the very design of the Apollo LM is still posing questions as to whether it was ever a viable construction for the safe liftoff from the descent stage.

The descent-stage top deck of the LM had a continuous, firm upper surface with no routes through which the hot gases could escape when the ascent engine was fired. This elementary design detail was potentially fatal for the ascent module which, seconds after ignition (when the exhaust gases commenced building), would very likely tumble on a developing "post" of its own flame. To put it simply, *there was a real danger that the ascent stage might tip over at the very moment that the engine fired.*

In his memoir, Thomas J. Kelly, chief engineer of the Apollo lunar lander, admits that an "ascent engine combustion instability was a chronic problem that yielded only slowly and grudgingly to trial-and-error solutions" and was resolved by mid-1968 (Moon Lander, 2001, pp. 132-136).

In all probability, ascent-engine trials and testing would have taken a prohibitively long period of time, since Kelly, despite his detailed descriptions of working with mock-up LM models, doesn't describe any trials of a lightweight ascent-stage mock-up on its liftoff in Earth's gravity conditions—although we have to assume that such trials really did occur.



NASA patch showing LM 1 test in orbit at the moment of FITH

According to Kelly, the LM was successfully tried on board Apollo 5 in LEO regarding its ability to perform an abrupt abort-stage operation at the powered lunar descent. Kelly explains: "The ascent engine would start while still atop the descent stage, as in a liftoff from the Moon, and its exhaust would initially impinge upon and be deflected by the top surface of the descent stage, a condition known as 'fire in the hole', or FITH. There was some concern that in an abort-stage maneuver the aerodynamic forces of FITH might cause the descent stage to tumble, since when separated from the ascent stage it had no attitude control. A tumbling descent stage could possibly impact the departing ascent stage." (Moon Lander, 2001, p. 194)

Thomas Kelly describes this test as being equivalent to the process required for take-off from the Moon, yet in reality he is only describing the potential FITH problems related to separation in orbit. The FITH consequences of departure from a lunar surface configuration are different due to the gravity conditions, and potentially fatal with regard to the crew's ability to leave the surface.

The notion that this Apollo 5 orbital test rated the LM for a viable ascent from the lunar surface is largely questionable. Indeed, *the idea of designing an LM where the ascent engine's nozzle rim was in such close proximity to the flat-screened top surface of the descent stage, thereby preventing the outflow of exhaust gases, should have been discarded at its very conception.*

Bearing in mind that NASA was in a hurry to beat the Soviets after the Apollo 8 staged flight, it probably didn't matter which way the overall system configuration was developed further (when it was likely that it was not going to be deployed anyway).

Regarding development of a lunar lander, currently the lack of initiative from within NASA is very evident. Moreover, there is no sign of any pushing from the US government, so it is obvious that somewhere, on a strategic level, it has been decided to leave a large hole in the new Moon visitation plan, providing an excuse for postponing a landing for another period of several years after 2021 when SLS and Orion are expected to be ready.

Choice of a Suitable Engine

During the CxP there was no reliance on the Saturn V's key elements, such as the first-stage F-1 engine, so the choice of a suitable engine still remained to be made after the program was cancelled (NEXUS, 2014). It has become absolutely clear that in the latest NASA plans for the SLS, the new rocket appears to be based on developments which are not related to the Saturn V rocket at all.

By 2009, a heavy rocket called the Evolved Expendable Launch Vehicle (EELV)⁴ was seen as a viable alternative to other rocket concepts of the CxP, in particular to the then-cancelled Ares series of launchers (Augustine, 2009). In turn, from both key reports of the CxP era (Arch. Study, 2005; Augustine, 2009), it is clear that the best engine in the EELV family appears to be the Russian-made RD-180 engine. Since 2002, it has been routinely used (on more than 50 launches) on US rockets of the Atlas series.

Even the acclaimed Lunar Reconnaissance Orbiter spacecraft, launched in 2009 and placed into lunar orbit as part of the CxP (and allegedly taking photos of the Apollo landing sites), was powered by an RD-180 engine.

NASA recognised the quality and reliability of this engine and proposed a new generation of heavy launchers, provisionally named Atlas V Phase 2 Heavy: "The EELV super-heavy uses two RD-180 rocket engines on each of the core and two boosters. The RD-180 engine has a long history of successful launches in Russia and in the US on the Atlas V family of launch vehicles." (Augustine, 2009, p. 68)

In its cost-performance analysis, NASA contemplated the option of building an interim rocket of up to 75 metric tons: "Initially, the EELV-heritage super heavy vehicle would use the Russian RD-180 hydrocarbon fueled engine, currently used on the Atlas 5. In the cost analysis utilized by the Committee, provision was made for the development of a new large domestic engine to replace the RD-180 for both NASA and National Security missions." (Augustine, 2009, p. 93)

Taking into account the fact that the Ares program was cancelled and that the schedules considered in the NASA reports stretch to 2020 anyway, the current decade was supposed to be a period of continuous reliance on Russian RD-180 engines. Practically, this is what is happening now—despite back-and-forth decisions made throughout the year 2014 (Bloomberg, 2014; GAO, 2014).

"The liquid-fuel RD-180 engine has been a steady performer with 100 percent of its missions launched successfully," says Bloomberg's correspondent, who then quotes an expert in space technology as saying that "United Launch Alliance will probably need to double its inventory beyond the current two-year supply of Russian-made engines to ensure that critical government and commercial missions continue unhindered while transitioning to a new technology" (Bloomberg, 2014).

After a new, simplified program was launched instead of the CxP in 2010, NASA admitted that it cannot complete the development of a heavy launch vehicle by the end of 2016 as was requested in the NASA Authorization Act of 2010 (Prelim. Report, 2011). This admission has infuriated the US government not only because of its plain denial, but probably because of the fact that NASA's new lunar program could not find anything better to rely upon than the Russian-built engines.

The Senate Commerce Committee responded to NASA, which said that it cannot build new systems based on the cost and schedule outlined in the Act, stating that "...the production of a heavy-lift rocket and capsule is not optional. It's the law. NASA must use its decades of space know-how and billions of dollars in previous investments to come up with a concept that works." (Senate Committee, 2011) This firm statement has become a favourite with the mass media and has been cited by multiple sources, including *New Scientist*.

Further slippage has continued: "The Orion program has submitted a schedule to NASA headquarters that indicates the program is now developing plans for a September 2018 EM-1 launch." (GAO, 2015, p. 8). This means an unmanned full-range trial of the capsule after a fly-by of the Moon. "Also, the SLS and GSDO^[5] programs have already slipped their committed launch readiness dates to November 2018, and Orion appears likely to follow suit.

While these delays were appropriate actions on the agency's part to reduce risk, their compounding effect could have impacts on the first crewed flight—EM-2—currently scheduled for 2021." (GAO, 2015, pp. 8-9) So, officials already consider that the scheduled year of 2021 for a manned lunar fly-by will most likely also be pushed back.

Further, an American analogue "Staged Combustion core stage engine" is expected to be replicated from the RD-180 by 2018, while an updated version of a J-2X-class engine— inherited from Apollo times— with a lower thrust level, is expected by 2025 (Prelim. Report, 2011, p. 9).

At the outset of the CxP, NASA managers suggested that "[t]he RD-180 first-stage engine of the Atlas HLV [heavy-lift vehicle] will require modification to be certified for human rating. This work will, by necessity, have to be performed by the Russians." (Arch. Study, 2005, p. 383) So this option would give international cooperation in the program a better chance, merely by expanding the scope of the ongoing joint ventures.

Instead, after the CxP was cancelled, the very term "RD-180" disappeared from NASA documents since the Authorization Act 2010 enactment. This is probably the major change in the policy, while the essence remains the

same: NASA is reliant on these Russian-built engines.

Throughout the CxP, the US rocket industry had become even more dependent upon Russian-built engines. Now, a further deal with a Russian producer of RD-180 engines has recently been struck: "Orbital Sciences Corp. and Energia^[6] have signed a contract worth approximately \$1 billion for up to 60 Russian-made RD-181 rocket engines to power the redesigned first stage of the commercial Antares launcher." (RD-181, 2015) The first launch of an updated Antares rocket with these new engines is planned for 2016, which is the year in which NASA is due to fall short in delivering the first SLS launch despite all the pressure from the US government.

A Lunar Outpost

The idea of a Moon base was an exciting objective of the Architecture Study in 2005, where lunar surface systems were initially supposed to commence as early as 2013 (Arch. Study, 2005, p. 668). Accordingly, the lunar lander was due to be developed from 2010 to 2018, so the "7th Human Lunar Landing" was provisionally pencilled in—not to the remote 2020 but to as early as 2018 (Arch. Study, 2005, p. 56).

The enthusiasm for a return to the Moon with an idea of a lunar outpost was really infectious at the outset of the CxP. Even MIT students were saying: "...NASA does not want just to repeat a previous space program—the people at NASA are committed to forwarding the field of space exploration. The vision^[7] calls for an eventual permanent moonbase, so they are thinking large-scale and long-term." (Bairstow, 2006, p. 15)

However, by 2009 the initial plans of the concurrent developments set out in 2005 had been deemed unaffordable.

This change of plan has been broadly covered in the mass media as being rooted in financial problems and ambitious, "unsustainable" targets. With NASA's massive experience in space systems, it is hard to understand how plans which didn't contain anything significantly revolutionary compared to those of the late 1960s, and designed to mature over a twice-longer period, were recognised as "ambitious". If "unsustainable" refers to the lack of will to actually finance the program through to its end, it is quite possible that "ambitious" in fact refers rather more to the unsurmountable technical problems that were never resolved during the Apollo epoch.

Year	1967	1st half of 1968	2nd half of 1968	1969
Milestone	A	A/B	C/D/E(?)	L(?) / F/G

Persuasive presentation of Apollo as a success for literally dozens of years has created an environment of intellectual humility. Fortunately, those days are over: by its decision-making process, NASA has exposed the falsification of the lunar landings. What should have been done for a successful mission some 45 years ago as a concurrent development within a time frame of three to four years (see table 1) is happening now at an extremely slow pace, on a sequential basis, within an entirely uncertain if not an indefinite time frame. Indeed, what was initially planned for the CxP to be completed within 15 years is now set out entirely as an open-ended scheme without any deadline for a human Moon landing (see table 2).

Event	Government Initiative	Problem and Crises	Unplanned Trial Entry, Program Conditions	Unplanned Trial Entry, Full Range	First Fly By with Crew	Lunar Lander	Man on the Moon	No. of Years to Completion
Program								
Apollo	1961	1967	1968	1968	1968	1969	1969	8 (planned)
CxP	2004	2009	2008	2007	Was not planned	2018	2020	15 (planned)
Current	2009	2011 and on	2014	2015	2021	Not yet planned	Not yet planned	More than 20

A totally false notion that has slowly solidified as an "evident truth" held by Apollo advocates is that all current technologies are incompatible with the previous ones, that the safety requirements are now much tighter, etc., therefore it's impossible to take into account the technical achievements of the past, so all the elements of a next lunar mission have to be developed anew.

The response to the above seemingly reasonable statement is that, in practice, existing technology *remains in place*—cherished and carefully supported—*until* it is superseded by the next generation of the technology. For example, today it may be quite a challenge to develop a radio receiver or amplifier based entirely on valves, or vacuum tubes. But this is only true to a degree, since radio devices are currently based on semiconductor technology. A new technology has entirely replaced the old one. Examples of valve-based systems are now mainly available in museums, although, if necessary, these systems can still be produced by specialist companies.

With regard to lunar landing programs, the F-1 engine should have remained the core element for further developments until its total replacement. After all, the initial costs were covered and the R&D stages were

completed, and so the engine should have been put to use over many years, as is the case with Soviet/Russian technology. Post Apollo, the crucial technological elements of the program were immediately moved into museums—rather than becoming foundations of the next generation of the technology.

The reliance of the modern vision of a lunar outpost on the Apollo heritage has been considered in a collection of technical articles (Lunar Base, 1999). The question of whether in this respect Apollo is relevant has received a surprising answer that it is perhaps not—since, as suggested by John M. Logsdon⁸, "it is possible to argue that, from the perspective of steps toward creating a lunar base, Apollo was almost an irrelevant experience" (Lunar Base, 1999, p. 61).

Concluding Remarks

The Apollo missions have literally become a legend. The Moon landings in the late 1960s-early 1970s were delivered to the world as a staged show. This way, a persuasive emphasis on selected parts of the mission created a deceptive feeling of confidence in the entire program. For example, each time the allegedly powerful firing of the Saturn V was represented as an illustration of its overall success.

When the astronauts were seen supposedly walking on the Moon, we, the spectators on Earth, were expected to see it as a mission accomplished. Yet, two critical mission stages were to follow: an ascent from the lunar surface with docking to the CM in lunar orbit; and, most importantly, the safe return to Earth including the critical stage of the CM's re-entry into the Earth's atmosphere. In fact, these two stages still remain to be completed.

There was nothing extraordinary in the CxP plans compared to those from the mid-1960s. Nevertheless, CxP was stopped, and soon another, more simplified, plan was put forward—which appears to be similar but actually lacks the lunar landing elements (NEXUS, 2014). However, the reaction from NASA was surprising. NASA started arguing that even with a simplified approach—which, by the way, doesn't actually have a name any more—the agency still cannot complete the SLS within the required time frame (Prelim. Report, 2011).

After the CxP was terminated, it became clear that there are profound gaps in the Apollo record. Now it seems that NASA must design and develop the following elements of the program from scratch: a heavy-lift rocket, a lunar lander, plus the equipment for safe re-entry into the Earth's atmosphere. Along with these fundamentally important elements, other processes and technologies have to be researched: effective radiation protection of crews (in particular, when travelling through the Van Allen belts), ascent of the LM and rendezvous with the CM in lunar orbit, and the technique for accomplishing re-entry.

Since key elements of the new lunar program are under development without any reliance on the outcome(s) of the alleged Apollo missions, official recognition that the Apollo Moon landings were faked is now seriously overdue. A comprehensive assessment is required of what is available and what still remains to be developed.

Everyone knows the words of US President John F. Kennedy in 1961, announcing the intention of landing a man on the Moon by the end of the decade and returning him safely to Earth. Two years later, his view had become much broader. Because this was not appreciated publicly at the time, perhaps we should return to it now.

In September 1963 (see section on Apollo Management and Scheduling), President Kennedy said: "Finally, in a field where the United States and the Soviet Union have a special capacity—in the field of space—there is room for new cooperation, for further joint efforts in the regulation and exploration of space. I include among these possibilities a joint expedition to the moon. Space offers no problems of sovereignty. Why, therefore, should man's first flight to the moon be a matter of national competition? Why should the United States and the Soviet Union, in preparing for such expeditions, become involved in immense duplications of research, construction, and expenditure? Surely we should explore whether the scientists and astronauts of our two countries—indeed of all the world—cannot work together in the conquest of space, sending some day in this decade to the moon not the representatives of a single nation, but the representatives of all of our countries." (Kennedy, 1963) Two months later, John F. Kennedy was assassinated. Within five years, the race to the Moon was allegedly won by the USA.

In 2012, at the Global Space Exploration Conference in Washington, DC, the head of the Russian delegation announced that their plans for exploration beyond LEO are going to be primarily focused on the Moon. The Russian Federal Space Agency was "not talking about repeating what mankind achieved 40 years ago". He concluded: "Were talking about establishing permanent bases." (Global Space Conf., 2012, at 1 hr 22 mins)

Since so little technical data from Apollo can be used in NASA's current lunar programs, the agency should perhaps consider joining others in the quest to establish a lunar base. A way should be found for inclusive international collaboration to fill all the outstanding technological gaps through concerted efforts. A Moon base is now an unavoidable stage in humankind's space development, as a lunar landing was perceived previously. Eventually, no doubt, a variety of such bases will be built—but the questions remain: when, and over what period of time?

When this article was nearly completed, the author came across a new book (New Moon, 2014) which in essence tries to outplay the abovementioned title on lunar base perspectives (although without specifically referencing it). Despite seemingly detailed descriptions of past missions and current lunar programs, this latest title only briefly

mentions Apollo 4 and Apollo 6 (a single line each), carelessly brushes off the Soviet 1960s Zond flights without mentioning their successful skip entries, and doesn't mention the RD-180 engine at all in the current NASA programs.

The value of such a book is evident. This is not about a "new Moon" at all but, rather, is another cover-up of an old Moon.

About the Author:

Phil Kouts lives and works in New Zealand. He has a PhD in applied physics and gained considerable experience in applied research, working as a research fellow in universities in the UK and as an R&D manager in private companies. He writes under a pseudonym to differentiate his professional occupation from his interests. His article "Is There Any Hope for a Moon Base?" was published in NEXUS 21/05. Phil Kouts can be emailed at philkouts@gmail.com.

Endnotes

1. The abbreviation "g" refers to gravitational acceleration at the Earth's surface, 9.8 m/sec².
2. "The terminal area guidance occurs at an Earth-relative speed of 762 m/s and.. .the shuttle is approximately 92 km from the runway." (Kaya, 2008, p. 12)
3. The term "Space Launch System" was coined in the NASA Authorization Act of 2010 for a heavy launch vehicle equivalent to the Saturn V.
4. The Evolved Expendable Launch Vehicle program is the primary provider of launch vehicles for the US military (GAO, 2014, p. 2).
5. "GSDO" stands for Ground Systems Development and Operations (GAO, 2015).
6. Energia is a major Russian aerospace company producing spacecraft, launch vehicles and missiles. It is the main contractor for the ISS.
7. See The White House, "President Bush Announces New Vision for Space Exploration Program", 14 January 2004, <http://tinyurl.com/kxgvfr9>.
8. At the time of the book's publication, John M. Logsdon was Director, Space Policy Institute, Washington, DC. He was also a member of the Vice President's Space Policy Advisory Board of the National Space Council in 1992-1993.

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US Government's De Facto Acknowledgement of the Existence of UFOs

The US government, for the first time ever, has given de facto acknowledgement to the long-suspected reality of the UFO phenomenon.

John Burroughs encountered a craft of unknown origin in England's Rendlesham Forest in December 1980 and suffered injury, which the US Department of Veterans Affairs (VA) has now recognised by granting him full medical disability benefits.

The December 1980 Rendlesham Forest incident in the United Kingdom is arguably the most well documented and important UFO encounter in history.

A UFO was seen over three consecutive nights by US Air Force personnel stationed at the Royal Air Force twin bases of Bentwaters and Woodbridge, near Ipswich, England. These were the largest NATO air force bases at the height of the Cold War.

The UFO was tracked on radar, and physical evidence was found at the site where the UFO was seen to land. This evidence included indentations in the frozen ground and scorch marks on the sides of trees. Radiation levels were subsequently assessed by the UK Ministry of Defence as "significantly higher than the average background".

Airman First Class John Burroughs encountered the UFO at close proximity on the first night.

While for many years the US government denied that this incident had even occurred, in 2006 the UK government declassified an intelligence study on UFOs (codenamed Project *Condign* and classified as Secret UK Eyes Only) in which the following statement is found:

The well-reported Rendlesham Forest/ Bentwaters event is an example where it might be postulated that several observers were probably exposed to UAP [unidentified aerial phenomenon] radiation for longer than normal UAP sighting periods.

John Burroughs was one of those observers who was exposed to UAP radiation in Rendlesham Forest in December 1980. However, despite John's exposure to UAP radiation as postulated by the UK's own intelligence report, the US government stonewalled John, his attorney and two US senators for years.

Now, after decades of persistence, the US government has finally acknowledged that John Burroughs suffered adverse health effects in Rendlesham Forest and therefore has recognised the link between his health problems and the UFO he encountered. In an interesting twist, John's complete medical records file from that time he served in England remains classified.

In regard to the VA's action on his case, John said:

In January of 2015, after years of exhaustive efforts, the VA settled, in full, with me. I needed someone to champion my cause, someone not afraid to put themselves at risk to help me. I was lucky. I found two to champion my cause: my attorney Pat Frascogna, and Senator John McCain and his staff. Through their efforts, I received lifesaving heart surgery to replace a badly shredded anterior mitral valve caused by the UAP radiation and a settlement from the DoD [Department of Defense] and VA, admitting I was injured in the line of duty in December of 1980.

(Source: Edited from a press release from Pat Frascogna, attorney for USAF Technical Sergeant [Ret.] John Burroughs, dated 22 February 2015; posted on the Earthfiles.com website at <http://tinyurl.com/me5drod>.)

US Navy Flight Engineer Saw Silver Discs and Entrance to an Alleged ET-Human Base in Antarctica

by Linda Moulton Howe
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On 2 January 2015, I received the email below from a retired US Navy Petty Officer First Class Flight Engineer who asked me to call him only "Brian".

His high-strangeness experiences flying cargo and rescue missions in Antarctica were in the 1983 to 1997 time period and included several observations of aerial silver discs darting around over the Transantarctic Mountains.

He and his crew also saw a big hole in the ice only about five to 10 miles from the Geographic South Pole (within the pink circle on the map below) that was supposed to be a no-fly zone. But during an emergency medevac situation, they entered the no-fly zone and saw what they were not supposed to see: an alleged entrance to a human and ET science research base created under the ice.



Key locations identified by Brian, a retired US Navy Flight Engineer

Then, at a camp near Marie Byrd Land, a group of about a dozen scientists disappeared for two weeks. When they reappeared, Brian's flight crew was assigned to pick them up. Brian says that they would not talk and they "looked scared".

Brian and his flight crew received several orders at different times *not* to talk, and were sternly told that they didn't see what they saw. But he was never asked to sign an official nondisclosure statement. So now that he's retired, he's decided to share what he has seen and experienced because he knows that non-humans are working on this planet.

To: earthfiles@earthfiles.com

Subject: Antarctica UFO

Date: January 2, 2015

Hi Linda. I am a retired United States Navy LC-130 Flight Engineer. I retired in 1997 after 20 years of service. I have been wanting to write you for a long time about my experience on the Antarctic continent with flying vehicles that I was told not to talk about. I served part of my 20 years in the Navy with a squadron called Antarctic Development Squadron Six, or VXE-6 as it was also known. I served with this squadron from around 1983 till I retired in March of 1997.

Being a flight engineer and flying more than 4,000 hours in that capacity, I have seen things that most people have not even imagined on the continent of Antarctica. The land there seems more alien than earthly. Our deployments to this land started in late September and ended at the end of February every year until the squadron was decommissioned in 1999. This time of year was the summer season when most of the science was done due to warmer temperatures and 24 hours of daylight.

During my time in the squadron, I flew to almost every part of the Antarctic continent, including the South Pole more than 300 times.

McMurdo Station, which is 3.5 hours of flying time from the South Pole Station, was the point of squadron operation during our yearly deployments. Between these two stations is a mountain range called the Transantarctics. With what we called "severe clear" weather from McMurdo to the South Pole, the Transantarctics are visible from the altitudes which the aircraft flew— approximately 25,000 to 35,000 feet.

On several flights to and from the South Pole, our crew viewed air vehicles darting around the tops of the Transantarctics in almost exactly the same spot every time that we would fly by. This is very unusual for air traffic down there, due to the fact that the only aircraft flying on the continent were our squadron aircraft. Every aircraft knew where the other aircraft were, due to flight schedules being followed.

Another unique issue with the South Pole Station is that our aircraft was not allowed to fly over a certain area designated five miles from the station. The reason stated was because of an air-sampling camp in that area. This did not make any sense to any of us on the crew, because on two different occasions we had to fly over this area.

One time was due to a medical evacuation from the Australian camp, called Davis camp [Davis Station]. It is on the opposite side of the continent and we had to refuel at the South Pole. A direct course to this Davis camp was right over the air-sampling station. The only thing we saw while going over this camp was a very large hole going into the ice. You could fly one of our LC-130s into this thing. It was after this medevac mission that we were briefed by some spooks (intelligence agents, I presumed) from Washington, DC, and told not to speak of the area we overflew.

The other time that we got close to the "air-sampling camp", we had navigation and electrical failures on the aircraft and were told to depart from the area immediately and report to our squadron commanding officer when we returned to McMurdo. Needless to say, our pilot (aircraft commander) got his butt chewed, and our crew was not on the South Pole supply run for over a month.

There were many other times when we saw things that were out of the ordinary.

One outlying camp (near Marie Byrd Land) where we dropped scientists and their equipment was out of communication with McMurdo for two weeks. Our crew flew back to the camp to find out if the scientists were okay. We found no one there and no sign of any foul play. The radio was working fine, as we called McMurdo to verify it was working properly. We left the camp and flew back to McMurdo, as ordered by our CO. A week later, the scientists showed up back at their camp and called McMurdo for someone to come pick them up. Our crew got the flight back there to pick them up, since we put them into that camp and we knew the terrain and location.

None of the scientists would talk to any of the crew on the plane, and to me they looked scared.

As soon as we landed back at McMurdo, the scientists were put on another of our squadron aircraft and flown to Christchurch, New Zealand. We never heard about them again.

Their equipment that we brought back from the camp was put into quarantine and shipped back to the United States, escorted by the same spooks that debriefed us about our fly-over of the air-sampling camp/ large hole in the ice.

I could go on and on about things and situations that I observed during my tour with VXE-6. Talk among the flight crews was that there is a UFO base at the South Pole, and some of the crew heard talk from some of the scientists working at the pole of EBEs working with and interacting with the scientists at that air-sampling camp/ large ice hole.



Insignia of the Antarctic Development Squadron Six (VXE-6)

Author's note: Antarctic Development Squadron Six (VXE-6, or ANTARCTIC DEVRON SIX) was a United States Navy Air Test and Evaluation Squadron based at Naval Air Station Point Mugu, California, with forward operating bases at Christchurch, New Zealand, and McMurdo Station, Antarctica. The squadron's mission was to provide aviation support for Operation *Deep Freeze*, the operational component of the United States Antarctic Program.

Interview with Brian, the Retired Flight Engineer

by Linda Moulton Howe © 2015

In an interview with Brian, 59, a retired US Navy Petty Officer First Class Flight Engineer, he described high-strangeness events primarily in the 1995 to 1996 time period.

Brian: We were only about 10,000 feet above those mountaintops, and all we could see on the initial sighting was the shiny reflection in the silvery things darting around down there. I remember turning to my aircraft commander and pilot and saying, "What are those things down there?" He got on the intercom and said, "Well, they are not ours; that's all I can tell you."

Linda Moulton Howe (LMH): What were you seeing in terms of shape and movement?

Brian: The movement was very.. I don't want to say jerky, but sporadic. The shiny objects, which I would say from our altitude looked circular, would sprint to maybe three or four mountaintops. Then they would stop. Then maybe one or two would come up and meet, and they would start off in another direction. It was always over the Transantarctic mountain range. They never went over the Beardmore Glacier, either.

LMH: Did any one of them ever approach your plane?

Brian: No, they were always below us, always stayed below us. We were told not to talk among ourselves other than just among the crew. And just seeing those things down there and being told that those aren't our aircraft is kind of mind-blowing, while the fact is, "Hey, what are these things? Why doesn't anybody else know about this?"

We had a mission we had to do at an Australian camp called Davis. In order to get there, we had to fly to the South Pole to refuel our aircraft, and then from there we could fly all the way out to Davis camp. We were told that we needed to get an airplane out there, a rescue medevac [medical evacuation], because one of the workers there had been burned badly in a boiler fire. So we were trying to get there as fast as we could. We're talking a six-hour flight —3.5 hours to the South Pole, and then another three hours from the South Pole to Davis camp.

Davis is the most southerly Australian Antarctic station and is situated 2,250 nautical miles south-south-west of Perth, on the Ingrid Christensen Coast of Princess Elizabeth Land. Davis camp is six hours by air from the South Pole. There's an area on the opposite side of the South Pole that was a no-fly zone. That no-fly zone, we were told, was an air-sampling station that we couldn't fly over because it would contaminate their air-sampling with our jet exhaust, which is kind of ridiculous because we fly kind of high! *[Laughs]* If you are air-sampling, you're air-sampling at the ground.

Anyway, we were on our way over to that medevac and so we basically did a straight line. When we got about five to 10 miles from the South Pole on the way to Davis camp, we were told on the radio not to continue our straight-line course but to deviate a certain amount. Somebody mentioned, "Hey, there's an air-sampling system somewhere out here, somewhere, you know?"



Brian pictured holding the US flag next to the metal pole with yellow top marking the Geographic South Pole. (Image courtesy of Brian)

We looked down and here's this huge, large hole in the ice, almost like a cave entrance, but it was large enough that you could fly an LC-130 into it—a hole that went down. We were told not to fly over that area.

We continued our mission and picked up our medical emergency and then turned around and came back. We had to come back to the South Pole to refuel, and when we got close to that air-sampling station again, we were told to deviate this way so many miles and then turn back on course. So we got fuel at the South Pole, made our way back to McMurdo and landed, and the entire crew was told to report to the skipper's office.

We all had to sit in this room and this guy came in that nobody had seen before. The only way I can describe him is a kind of intelligence-gathering type of an individual. We were sitting down and he said, "Okay, you guys saw this thing. But you did not see it."

LMH: And he means the big, deep hole?

Brian: Yeah, the big hole in the ice that supposedly was the air-sampling station. We were told not to talk about it ever! That area was considered off limits for research.

LMH: In your email to me, you wrote towards the end: "Talk among the flight crews was that there is a UFO base at the South Pole and some of the crew heard talk from some of the scientists working at the pole of 'EBEs', an acronym for extraterrestrial biological entities'."

Brian: Yeah, yeah, it's funny, you know, because we are told officially not to talk among ourselves. But the guys after a flight, they go to a club and, you know, you have a few beers and you're talking and it's like, "I heard these scientists talking about that there are some guys there at the South Pole that were working with these strange-looking men." Of course, they put it that way so they weren't saying, you know, "alien" or "extraterrestrial" or whatever. And [there was talk] that the air-sampling station was actually a joint base with the scientists and the ETs that were working out of there [the big hole in the ice].

All the talk that was heard between the scientists was being overheard by one of the flight crew who was there, the guy saying, "Hey, two guys were talking in there and they were talking about these scientists that are going out to the air-sampling area again to do their meet-up with these ETs that were there."

(Source: Edited from a 30 January 2015 posting at Earthfiles.com. To read the complete interview, go to the web page <http://tinyurl.com/nsv7pjh>.)

BOOKS

Reviewed by Ruth Parnell

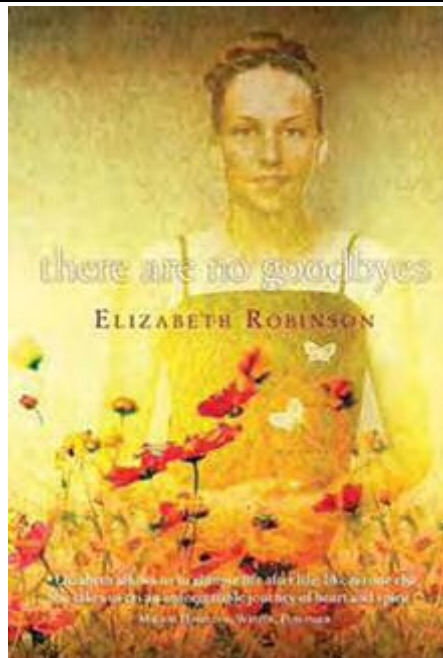
THE WONDER OF YOU:
What The Near Death Experience
Tells You About Yourself
by Lynn Kathleen Russell
CreateSpace, 2013
Ivey Enterprises, Lethbridge, Alberta, Canada, 2014
ISBN 978-1-480094253 (249pp pb)
Available: www.Amazon.com

Lynn Russell's strong interest in spirituality goes back to her childhood. Fast forward to 1973, when she had a series of experiences of oneness with the universe which cemented her resolve to discover more about life—and death. She soon found herself investigating the near-death experience (NDE) phenomenon and has since collected 2,500 compelling case studies, many included here. The majority of the cases are of people who died—due to accident, illness or suicide—but were revived and lived to tell of their life-changing encounters.

The scope covers the life review that's so common in NDE reports, stories of indescribable otherworldly beauty, acknowledgement of choices made in previous lives, and the vast reservoir of knowledge and renewal of life purpose that can be accessed.

There are accounts of the need to return to this physical plane, of the simultaneity of time, and of communication with light-beings.

Russell concludes that love is the tether that binds the soul to the Source. Comparing quantum theory with NDEs, she affirms that we are more than we've ever imagined.



THERE ARE NO GOODBYES
by Elizabeth Robinson
Wings of Wisdom, Australia, 2013
ISBN 978-0-9875153-7-7 (298pp tpb)

Available: www.WingsofWisdom.tv

With a background in clinical counselling, Australian-born Elizabeth Robinson found that her intuitive approach to psychotherapy was not well received by some of her colleagues in the psychiatric and medical profession, so she set out on a new path of exploration and went into private practice. Her book *There Are No Goodbyes* is a deeply personal journey about love and the survival of consciousness beyond death.

Robinson relates after-death experiences and communications involving her father, two teenage girls who committed suicide, and famed Harvard psychiatrist Professor John Mack—who became a close friend during her time in the USA but died in 2004 in a hit-and-run accident in London. Professor Mack had a keen interest in afterlife communication and issues to do with young people taking their own lives, and he established contact with Robinson very soon after his passing. All of them relay messages of hope to help us open to a higher dimensional understanding. Indeed, they're vitally interested in letting us know that death is not the end of life, and that we are profound beings capable of moving beyond limiting beliefs and achieving our true soul evolution.

Robinson, who performs high-frequency energy healings and balances cellular consciousness, has done a great spiritual service by relating these touching, uplifting stories that transform conventional ways of seeing life and death.

SKY PEOPLE:

Untold Stories of Alien Encounters in Mesoamerica

by Ardy Sixkiller Clarke

New Page Books, NJ, USA, 2015

ISBN 978-1-60163-347-7 (307pp tpb)

Available: www.NewPageBooks.com

Dr Ardy Sixkiller Clarke, Emeritus Professor at Montana State University, spent time in 2003-10 fulfilling her dream of retracing the 1839 travels of intrepid explorers John Lloyd Stephens and Frederick Catherwood through Mesoamerica.

With particular interests in indigenous peoples and UFO folklore, Dr Clarke travelled through parts of Belize, Honduras, Guatemala and Mexico visiting ancient sites and collecting UFO stories from the indigenous locals, especially the Maya. While some of the stories were passed on by elders who recalled tales from their ancestors and conveyed prophecies of what's in store for humanity, many were related by younger people who reported very recent, if not current, UFO-related events.

In *Sky People*, Dr Clarke includes extraordinary accounts of UFOs, alien beings, giants, little people and sky gods. Some of these stories involve abduction experiences and time spent on alien spaceships. Her tour guides were invaluable in helping her make contact with the locals, and they even had their own UFO-related tales to impart. She also had UFO experiences along the way.

Many Maya elders believe that they are descendants of Star People who settled in Mesoamerica, and Dr Clarke tends to agree with them.

This is a compelling travelogue and a timely record that helps to preserve lost knowledge and wisdom.



PREPARING FOR CONTACT

by George Michael

RVP Press, New York, USA, 2014

ISBN 978-1-61861-322-6 (384pp tpb)

Available: www.rvppress.com

Are we alone in the cosmos? And if we're not, then what does this mean for humanity? Dr George Michael, an Associate Professor of Criminal Justice at Westfield State University in Massachusetts, more often writes about issues concerning political and religious extremism, but here he's turned his attention to UFOs and extraterrestrial intelligence in this well-balanced appraisal.

Dr Michael examines early speculations on extraterrestrial life, noting sightings reported as far back as in the ancient world. He explores major achievements of 20th- and 21st-century science which are increasingly supporting the "plurality of worlds" doctrine and the prospects for the existence of life beyond Earth. Indeed, he says, it's inevitable that humans will develop the technology to travel to other solar systems.

Next, Dr Michael investigates the ancient astronauts hypothesis, the history of UFO sightings and close encounters in the post-World War II period, governments' responses to UFOs, and the vast array of UFO conspiracy theories out there. He thinks it would make sense to have some protocol in place in the event that ET contact did take place; such contact would be of monumental significance with challenging social, scientific, political and theological ramifications. His heavily referenced book bridges the gap between SETI and ufology perspectives.

CONFESSIONS OF A RELUCTANT GHOST HUNTER

by Von Braschler

Destiny Books, VT, USA, 2014

ISBN 978-1-62055-382-4 (178pp tpb)

Available: www.DestinyBooks.com

Ghost hunting is a popular subject these days, but it's not all fun and games according to journalist, author, healer and Theosophist Von Braschler. A psychic sensitive, he didn't seek to become a ghost hunter; rather, the ghosts seemed to seek him out. He also met a professional "de-ghoster" who schooled him in the pitfalls of removing ghosts from haunted buildings. Yet even her experience didn't prepare Braschler when he tried to banish a malevolent entity from the residence of some friends living on Mount Hood, Oregon; he was nearly killed in the process and, soon afterwards, his friends' trailer mysteriously burned to the ground.

Braschler thinks that some "ghosts" are deceased humans whose souls are lost and need to be shown the way home to the great beyond; others are accumulations of bad energies from people with conflicted emotions; and some are non-human entities intent on confrontation. He warns about messing with nonmaterial beings, noting that only a thin energy web exists between physical and spiritual realms. In his gripping book, he also provides a list of

dos and don'ts for anyone serious about de-ghosting buildings.



AUSTRALIAN POLTERGEIST

by Tony Healy & Paul Cropper

Strange Nation, Sydney, Australia, 2014

ISBN 978-1-921134-34-0 (300pp tpb)

Available: www.strangenation.com.au

With several decades of paranormal research to their credit, Tony Healy and Paul Cropper (see 2/23, 14/03) turn their attention to the poltergeist phenomenon in Australia, the first book of its kind. They list 52 cases in all from 1845 to 1998, giving ratings of up to five stars for each of them, and they cover 11 of these in detail. A great deal of these cases involve stones falling through roofs and ceilings, objects like knives and batteries levitating or flying through rooms, and the occasional inexplicable fires breaking out. Interestingly, few people are actually physically hurt in these episodes.

Healy and Cropper's opening case is that of the intense poltergeist activity in 1998 at a house at Humpty Doo, near Darwin, which was widely covered by the media. The authors visited the householders there at the time and experienced the poltergeist phenomenon for themselves.

Intent on keeping their minds open, Healy and Cropper consider a range of possibilities in an attempt to explain the strange occurrences—disembodied spirits, the souls of recently departed friends, the presence of a pubescent adolescent, mediumistic abilities, Aboriginal curses, psychokinesis and more—but they find it impossible to pin down a cause in each case.

The appendices include stories of three "fire polts" in Asia (Cropper), reports of truly "wild talents" from Australia, and some "wild ideas" about the poltergeist mystery and other strange phenomena (Healy). This is a great resource for Fortean researchers, social scientists, psychologists and lay readers alike.

THE SECRET CHAMBER OF OSIRIS

by Scott Creighton

Bear & Co., Rochester, VT, USA, 2015

ISBN 978-1-59143-769-7 (240pp tpb)

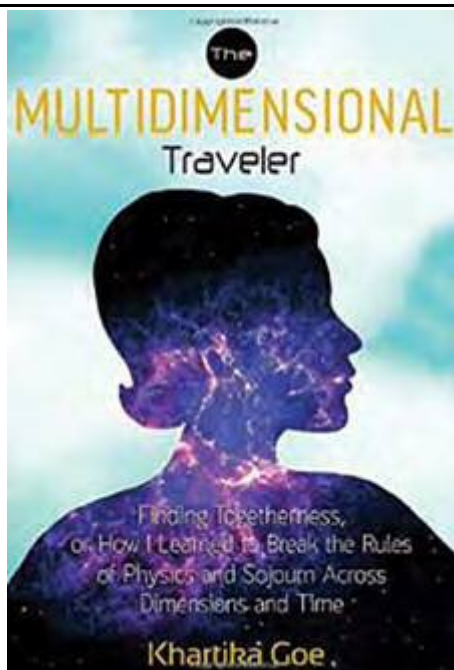
Available: BearandCompanyBooks.com

The "pyramids as tombs" theory so favoured by Egyptologists has yet again been rejected, once more by Scottish engineer Scott Creighton who proposes a "pyramids as arks" hypothesis in *The Secret Chamber of Osiris* (also see 19/02). The first 16 earliest, giant pyramids were sited according to a vast representation of the god Osiris and signify his dismembered body according to the myth, he suggests, but the "missing" part is still to be uncovered.

Creighton's analysis of the geometrical alignments of the three main Giza pyramids, which reflect the relative proportions of the three stars of Orion's Belt, revealed a triangular apex in the nearby desert. He thinks that this site may harbour treasures of the Old Kingdom Egyptians. Soon after he went public in 2008 with his idea, the Egyptian authorities began secret excavations of the area.

Creighton points to evidence in ancient texts that the Egyptians built these early pyramids in response to a warning seen in the stars indicating impending deluge and fire. They had to be able to restart their civilisation if it was destroyed, and so these 16 pyramids served as safe storehouses for grains, seeds and tools.

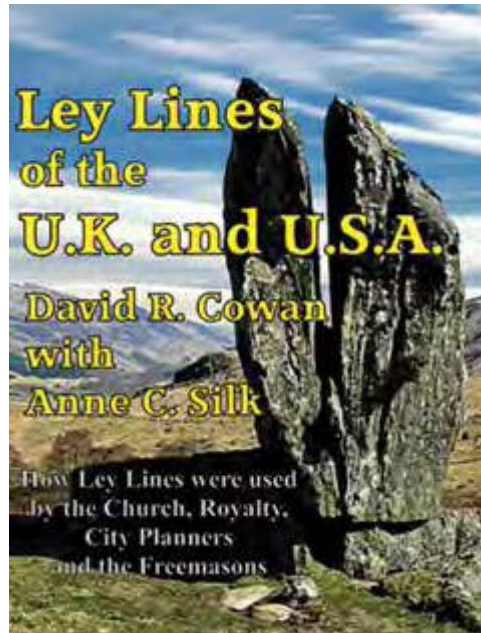
Creighton also reveals a Giza pyramids timeline, fraud associated with a cartouche found in the Great Pyramid (see 21/04), evidence for pole shifts and past Earth cataclysms, the early Egyptians' use of hot air balloons to raise stones, and much more. This is an original hypothesis that provides much food for thought.



THE MULTIDIMENSIONAL TRAVELER
by Khartika Goe
New Page Books, NJ, USA, 2015
ISBN 978-1-60163-355-2 (261pp tpb)
Available: www.NewPageBooks.com

Each of us has the ability to travel to multiple dimensions in our energetic body. It takes practice and discipline, and a focus on love, light and positivity. Khartika Goe is dedicated to spreading the word so that we may be free of the forces of fear and darkness that want to keep a clamp on our consciousness (see "Adventures in Alternative Realities" in 20/03). Goe has written an awe inspiring travelogue of her conscious, telepathic journeys and her lessons in many dimensional frequencies, from the lower to a multitude of higher realms. She has helped lost souls find the light, overcome attacks from dark forces, zoomed to other planets and communicated with higher-plane sages. Her travels to be with her deceased grandfather have given her confirmation that love and consciousness survive physical death. She has also been given advice on those with Alzheimer's and autism.

From the highest beings, Goe has learned that we're all united as one in the universe by the power of Togetherness. We can access this unity via the rhythmic power of the loving heart which fuels the mind's higher energetic frequencies. Goe passes on handy travel tips and exercises, such as how to utilise Golden Light to raise our vibrational frequency. An enlightening manual (see www.thetogetherness.com).



LEY LINES OF THE UK AND USA
by David R. Cowan with Anne C. Silk
Adventures Unlimited Press, USA, 2014
ISBN 978-1-939149-24-4 (169pp tpb)
Avail: AdventuresUnlimitedPress.com

Many investigators have identified and walked the ley lines or energy lines of Britain, as acknowledged by David R. Cowan in his new book with Anne C. Silk (see 7/01). Cowan has determined from his years of landscape wanderings, particularly around his native Scottish Highlands, that the sources of these leys are basalt-rich volcanic plugs, some of them off the coasts of Scotland but at least 15 on the mainland, on which several castles including Edinburgh and Stirling are located. These energy lines pass through ancient burial grounds, standing stones, circles and churches, and even political and financial centres such as Edinburgh.

Cowan includes colour photos and maps showing these sites and their relationships with other places of powerful telluric energies. One of the large ley lines runs from the Faroe Islands through Skye and Iona to the Giant's Causeway on the northern tip of Ireland. Another passes from Staffa through Iona and onto Las Palmas de Gran Canaria. In addition, the volcanic Azores produce an energy ley which powers Washington, DC, as does the Devil's Tower plug in Wyoming. Not only were our ancient ancestors aware of these energy pathways, so too were the Templars, Freemasons, royal families and high-level Nazis who hid this secret knowledge in plain sight.

Cowan gives tips on divining for Earth energies and eliminating unhealthy energies, while Silk shows how these emissions affect the brain when we're walking, dancing or even moving through labyrinths. Cowan's many historical asides add to the dynamics (see ley-man.co.uk).

THE MONEY MAFIA
by Paul T. Hellyer
Credos Books/Trine Day, USA, 2014
ISBN 978-1-63424-006-2 (318pp pb)
Available: www.TrineDay.com

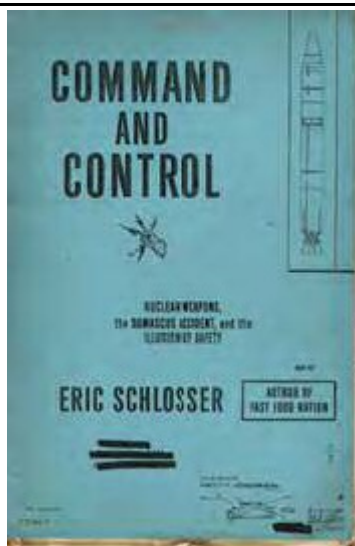
The New World Order is alive and well, supported by the banking cabal, the military-industrial complex, media heavyweights and groups like the Bilderbergers. In *The Money Mafia*, Paul Hellyer, a former Canadian politician and now commentator on economics and politics, explains how free trade agreements are treaties for unrestricted globalised investment, ruining local economies when production is sent offshore, destroying environments and doing little to counteract climate change.

This unelected cabal is so powerful that it ensures that new clean-energy technologies don't see the light of day. It keeps the lid on UFO disclosure, too. Hellyer has collected whistleblower revelations on visitors from outer space and devotes several chapters to this issue, addressing how full disclosure could be enacted.

Hellyer presents an action plan for redeeming humanity. It includes large-scale tree-planting, writing off Third

World debt, a transition to a clean energy economy, winding up the International Monetary Fund, and introducing a "new world dollar".

The missing link, in Hellyer's view, is spirituality, and so he calls for better cooperation between religious groups. He says that unless humans can become more spiritual, we don't have much hope of peace amongst ourselves let alone good relations with our galactic neighbours.



COMMAND AND CONTROL

by Eric Schlosser

Penguin Books, New York, USA, 2014

ISBN 978-0-141-03791-2 (642pp pb)

Available: www.penguin.com

The key narrative running through Eric Schlosser's book concerns what happened on 18-19 September 1980 with a Titan II rocket housed in a silo in Arkansas, USA, and overseen by the US Air Force. That rocket was fitted with a W-53 thermonuclear warhead with a yield of nine megatons—almost three times the explosive force of all the bombs dropped during World War II including those on Hiroshima and Nagasaki. By 1980, though, this and other warheads housed in silos were already well past their use-by date— but the Pentagon didn't have much concern about these weapons when new ones were coming online.

Schlosser, author of *Fast Food Nation* and *Reefer Madness* (reviewed in 10/06), provides historical context and covers significant personalities against the backdrop of two world wars and the Cold War in terms of moves to develop the ultimate weapon—and also to make it safe to handle.

As it turned out, that particular Titan II rocket exploded in its silo, killing one technician, and yet its nuclear warhead didn't detonate—a similar scenario in many other incidents over the decades which Schlosser documents, lending credence to Bruce Cathie's thesis that nuclear detonations can't happen unless at the right time and in accordance with the right Earth grid harmonics. While this isn't part of his remit, Schlosser admirably exposes the flaws in the political system and the military-industrial complex that allowed these disasters to happen. This exhaustively referenced book tells it like it was.

PROSTITUTING SCIENCE

by Diana Crumpler

Inkling Australia, Vic., Australia, 2014

ISBN 978-0-9876106-0-7 (281pp pb)

Available: PO Box 422, Maryborough, Vic. 3465, Australia (\$29.95 + \$7.50 p&h)

www.inkling-australia.com.au

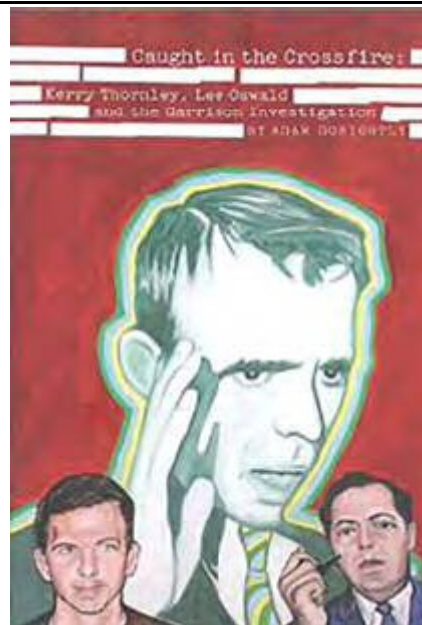
Since the release of her book *Chemical Crisis* in 2004 (see NEXUS 2/21), former teacher-librarian Diana Crumpler has gone to hell and back again. She and her family were badly affected by agrichemical exposure in the early 1970s, but over time her condition worsened with extreme multiple chemical sensitivity (MCS), electrohypersensitivity (EHS) and photosensitivity. A rare MCS specialist helped improve her condition—just before she was carted off to hospital under an involuntary psychiatric treatment order which judged her symptoms as

mental, not physiological.

Somehow over the years, and with the support of her long-suffering husband Bernie, she continued to conduct research and contribute to publications spreading the word about the aetiology of MCS, EHS, chronic fatigue syndrome (CFS) and other modern-day disorders.

In *Prostituting Science*, Crumpler charts the slowly growing awareness of medical scientists and doctors about these environmental illnesses. She also cites examples of political and scientific blindness, if not complicity, in maintaining the psychosis link with these disorders.

In her erudite, well-documented book she urges Australian health professionals to wake up to the body of worldwide evidence showing that these environmental illnesses are the result of cerebral reactivity, not mental and emotional instabilities.



CAUGHT IN THE CROSSFIRE
by Adam Gorightly
Feral House, WA, USA, 2014
ISBN 978-1-936239-99-3 (250pp tpb)
Available: www.feralhouse.com
www.turnaround-uk.com

Conspiracy author Adam Gorightly has written before about Kerry Thornley, an intelligent, anti-establishment author who happened to be training at El Toro Marine Base in California in the spring of 1959 at the same time as Lee Harvey Oswald. Thornley used his acquaintanceship with Oswald as inspiration for his novel *The Idle Warriors* and later wrote a book titled *Oswald*.

Following Kennedy's assassination, Thornley offered information to the FBI and testified before the Warren Commission. However, in 1968 he was targeted by New Orleans District Attorney Jim Garrison who had become convinced that Thornley was part of the JFK murder plot and was an "Oswald double". He was charged with perjury for testifying that he had not been in Oswald's company in September 1963—a frame-up in Thornley's estimation, as he hadn't seen Oswald at all. Gorightly explains that Thornley, a gregarious type, did know many of the characters suspected of involvement in the JFK assassination, but there's very little to implicate him despite a number of coincidences.

Unfortunately, paranoia got the better of Thornley and he came to believe that he'd been an unwitting pawn in a conspiracy that involved not just assassinations (JFK, RFK, MLK) but government mind-control programming. For *Caught in the Crossfire*, Gorightly has assembled archival photographs, first-hand accounts from people including well-known writers who knew Thornley, and some of Thornley's unpublished writings. It's a riveting read.

RUTHLESS AMBITION:

The Rise and Fall of Chris Christie
by Louis Michael Manzo
Trine Day, Oregon, USA, 2014
ISBN 978-1-937584-89-4 (316pp pb)
Available: www.TrineDay.com

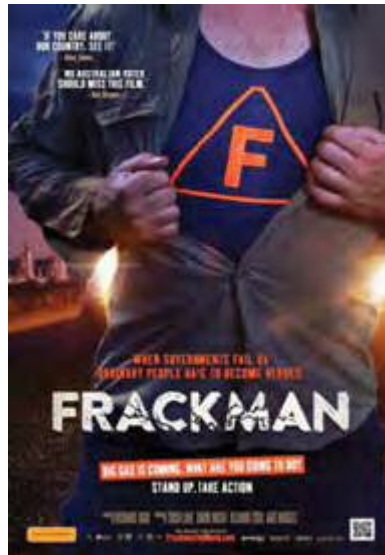
The world first got wind of the larger-than-life Governor of New Jersey, Chris Christie, in photo ops with US President Barack Obama in the aftermath of Superstorm Sandy at the end of October 2012. Christie was widely criticised for making political capital of the situation and using vital emergency personnel as a personal publicity backdrop.

Author Louis Manzo, a former New Jersey Health Division official and mayoral campaigner, has written a scathing critique of Christie and his ascent to power. He has a few gripes himself, having been charged in 2009 as part of the Operation Bid Rig III sting into corruption and money laundering although he was exonerated in 2012. Drawing also on published media reports, Manzo traces Christie's rise as a lawyer, a county legislator in Morris County in the mid- to late 1990s, his appointment by George W. Bush as US Attorney for New Jersey in 2002 and his run for Governor in 2009, assuming the position in 2010 and being re-elected in 2013. It's believed that Christie has been planning to run as a Republican candidate in the 2016 presidential race, but the so-called Bridgegate scandal of September 2013 may prove to be a bridge too far for Governor Christie, Manzo suggests.

Big on detail, Manzo's gripping expose of ruthless ambition hints at what's in store in the next few years.

DVDs

Compiled by Duncan Roads

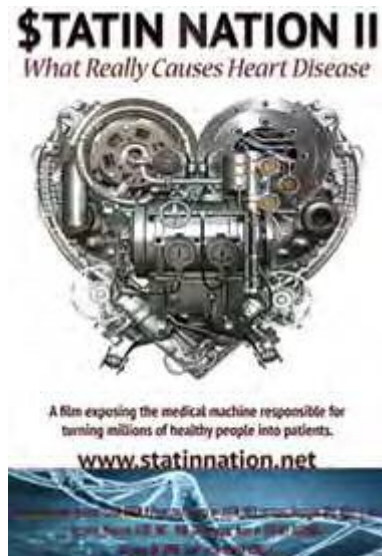


FRACKMAN
with Daniel Pratzky
Smith&Nasht, Aust, 2015 (90mins)
Available: frackmanthemovie.com

Frackman tells the story of accidental activist Dayne Pratzky and his struggle against global gas companies.

Australia will soon become the world's biggest gas exporter, and more than 30,000 wells are being sunk in Queensland, where Pratzky lives, with many requiring controversial "fracking". Pratzky and his neighbours have unwittingly become the centre of a massive industrial landscape, and they have no legal right to stop mining on their land.

Pratzky embarks on a journey that transforms him from a capable pig-shooter into a sophisticated global activist as The Frackman. He meets the people drawn into a battle that is crossing the ideological divide, bringing together a peculiar alliance of farmers, activists and political conservatives.

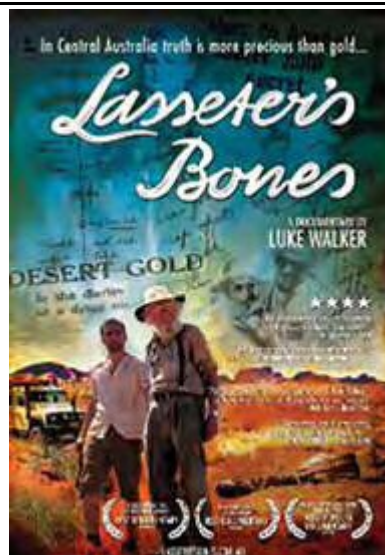


\$TATIN NATION II:
What Really Causes Heart Disease
by Justin Smith
Rethink Productions, 2015 (75mins)
Available: www.statinnation.net

This is a film in three parts. Part 1 explains how health authorities around the world have continued to ignore the huge amount of data suggesting that saturated fats and cholesterol do not play a causal role in heart disease.

Part 2 examines the current system of using risk factors for disease prevention. Which of these risk factors are correct, and can a person be reduced to a shortlist of numbers?

Part 3 moves beyond the current system and investigates the *real* causes of heart disease, proposing for the first time an alternative model for thinking about the disease.



LASSETER'S BONES
by Luke Walker
Umbrella Entertainment, Australia, 2013 (101mins)
Available: www.umbrellaent.com.au

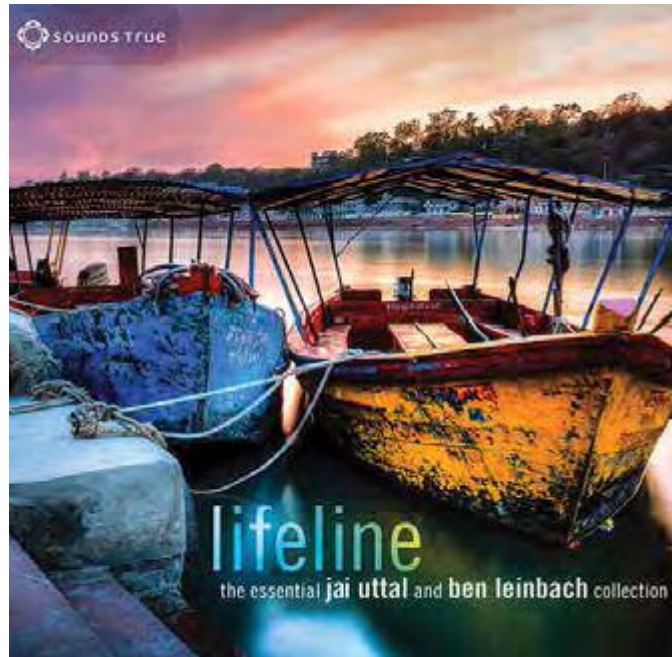
Explorer Lewis Harold Lasseter perished in the desert of Central Australia. His body was found in 1931. His diary revealed that he'd discovered a fabulous seven-mile seam of gold, worth millions, but he wrote that he would "give it all for a loaf of bread".

Despite hundreds of expeditions since, the gold has never been found. Obsessed with solving the mystery, filmmaker Luke Walker discovers Lasseter's elderly son Bob, wandering the desert on a quixotic mission to find the gold that killed his father and ruined his childhood.

Is it still possible to piece together the fragments of history that Lasseter left behind? Walker sets out looking for the gold of Lasseter's story, and in the process tries to unravel the tangle of myths, lies and legends bound up with Lasseter's bones in the heart of Australia. A must-see for lovers of this enduring mystery.

MUSIC

Reviewed by Richard Giles



LIFELINE

by Jai Uttal and Ben Leinbach

Sounds True, USA, 2014 (72mins)

Distributors: Australia—Phoenix Dist., www.phoenixdistribution.com.au

USA — www.soundstrue.com

<http://www.jaiuttal.com>

Jai Uttal (21/05, 18/03, 15/03) is one of the West's pre-eminent voices of India's kirtan chant tradition, and his latest offering is a collaboration with multi-instrumentalist Ben Leinbach. Recording their most cherished numbers, the pair also co-produced the CD. *Lifeline* includes songs ranging from basic chant to sacred sound immersion, making a musical odyssey for both artists. They're accompanied here by Daniel Paul on tabla, Manose on bansuri, and Tina Malia, Sandy Cressman, Natalie Cressman and Naushon Kabat-Zinn on vocals. A soulful treasure trove.

STORIES OF LOVE AND REGRET

by Ruth Roshan & Tango Noir

Black Market Music, Australia, 2015 (46mins)

Distributors: Australia—The Planet Co.

www.theplanetcompany.com

www.ruthroshan.com

Stories of Love and Regret is Ruth Roshan's third CD. When she was introduced to live Argentinian tango music in Paris at the age of 23, she was captivated. Now, with her quintet, Tango Noir, she has recorded an original album of melodic pieces and songs, inspired by European tango as well as waltz. Roshan, who plays mandolin and performs vocals, has assembled a remarkable group of musicians: Amir Farid on piano, Phil Carroll on accordion and flute, Aaron Barnden on violin, Caerwen Martin on cello, and guest Philip Rex on double bass. Quintessential, sweet tango.

LIVE FROM YOUR HEART

by Shanti Ramana

Conscious Light Productions, Australia, 2014 (61mins)

Distributors: Australia—Phoenix Dist.

www.phoenixdistribution.com.au

Shanti Ramana works with consciousness-raising lyrics to inspire the soul and connect the head to the heart. On her second album, *Live From Your Heart*, she interlaces cello, guitar and mellow percussion with flutes and soprano sax from her husband/musical partner Sol as well as their joint harmonies to take you to your own heart. Shanti's words inspire and her music relaxes. A joyful album of warmth and lightness. Soulful and profound music.

HEALING BIRDSONG

by Llewellyn

Paradise Music, UK, 2014 (70mins)

Distributors: Australia—Phoenix Dist.

www.phoenixdistribution.com.au

UK — www.paradisemusic.co.uk

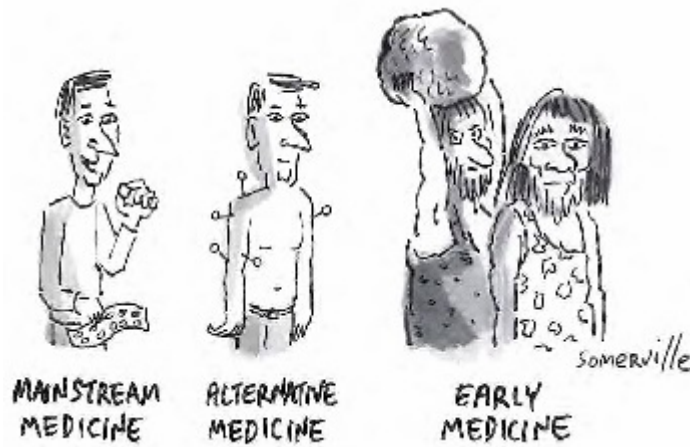
The artist Llewellyn now has over 70 albums to his credit. This album of dawn birdsong has two extended tracks: the first is 35 minutes of soothing birdsong featuring robins and other songbirds; the second 35 minutes combines birdsong with relaxation music composed and performed by Llewellyn. His artistry comes from his deep personal connection with music rather than from formal study. With his keen interest in healing, Llewellyn sought to record morning birdsong to provide inspiration and to support healing. Calming, ambient sounds.

Cartoons

by Phil Somerville



"Our best hope now is that someone gets a licence to frack here."





"It's okay. It's not his real face. He's encrypted."

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